

OTTAWA

metro®

Wednesday, September 7, 2011  
www.metronews.ca



News worth sharing.



**DALTON MCGUINTY**  
Premier of Ontario

# LEAD·ER·SHIP

**creating a way for people to contribute to making something extraordinary happen**

With Premier Dalton McGuinty's strong, steady leadership in uncertain times, it's amazing what we've achieved together. But we have to keep getting stronger.

## More Jobs & Growth

**Ontario created more jobs in June than the rest of Canada and the United States combined**

StatsCan and the U.S. Bureau of Labor Statistics, 2011

- > **Creating 50,000 new jobs in clean energy** — a North American leader
- > **#1 Auto Manufacturer in North America** — supporting 400,000 jobs and families
- > **Cutting taxes in half for small businesses** to create more jobs
- > **And now — 30% tuition grant** to help our children get the education needed for the best jobs

**CREATING 600,000 MORE JOBS**



Source: Prof. Jack Mintz, "Ontario's Bold Move to Create Jobs and Growth," 2009

**Forward. >  
Together.**  
**WITH A STRONGER  
ONTARIO!**

### ONTARIO SCHOOLS:

**best in the English-speaking world**

see reverse to  
find out more



### SURGICAL WAIT TIMES:

**from longest  
to shortest**

see reverse to  
find out more





# Best Education for Our Children

- > 50,000 kids in North America's first full-day kindergarten, growing to 250,000 by 2014
- > Doubling the Children's Activity Tax Credit to keep our kids active and healthy
- > Training even better teachers with double the practical, hands-on experience
- > 60,000 new spaces in our colleges & universities on top of the 200,000 new spaces already created

"I have travelled the world looking at top performing education systems, and the education gains I have seen in Ontario are astounding."

ANDREAS SCHLEICHER,  
Organisation for Economic Co-operation and Development, 2011

## ONTARIO SCHOOLS BEST IN ENGLISH- SPEAKING WORLD



Source: McKinsey & Co., November 2010

# Best Health Care

## From longest to shortest surgical wait times in Canada

- > Over 1 million more Ontarians now have a family doctor
- > Shorter emergency room wait times
- > Bringing back doctors' house calls for our seniors and most vulnerable
- > Healthy Home Renovation Tax Credit to help seniors stay in their homes longer

"The commitment of the McGuinty government to addressing the issues of prolonged ER wait times has been nothing if not impressive...This is leadership."

DR. ALAN DRUMMOND,  
Canadian Association of  
Emergency Physicians,  
August 26, 2010

## SHORTEST SURGICAL WAIT TIMES IN CANADA

CATARACT  
WAIT TIME  
DECREASED BY 193 DAYS

HIP REPLACEMENT  
WAIT TIME  
DECREASED BY 170 DAYS



KNEE REPLACEMENT  
WAIT TIME  
DECREASED BY 245 DAYS

Source: Ministry of Health and Canadian Institute for Health Information, March 2011

"These are uncertain times for the global economy. These are challenging times for our families. This is our plan to help. This is our way forward, together." PREMIER DALTON MCGUINITY



**Forward. Together. >**

Text DALTON to 70734

PremierMcGuinty @Dalton\_McGuinty

[www.theOntarioWay.ca](http://www.theOntarioWay.ca)







**FROSH GUIDE**  
CHECK OUT METRO'S  
TIPS FOR CAMPUS  
LIFE {pages 23-37}

# Downsizing?

## Singer Weighing Breast-Reduction Surgery

{page 16}



RBC Royal Bank®



Advice you can bank on™

OTTAWA  
**metro**®

Wednesday,  
September 7, 2011  
[www.metronews.ca](http://www.metronews.ca)



News worth  
sharing.



**Fire. Probe**

► Ottawa firefighters battle a blaze Monday night that would ultimately destroy a new home at 719 Eaglecrest Heights — a house that was almost ready for a couple to move into.

MIKE CARROCCETTO/FOR METRO

## Officials investigate fire in west end

Investigators are looking into the cause of the second fire in four days to hit the city's west end. A fire on Friday at a new, unoccupied home on Loreka Court has been ruled an arson, according to Ottawa Fire Services spokesman Marc Messier. The latest fire at Eaglecrest Heights is geographically close to Loreka, but as of yet there is no evidence linking the two incidents, Messier said.

# Route changes raise ire

► Mother considers buying car because her college commute time doubled after tweaks



**JOE LOFARO**  
@METRONEWS.CA

Some transit users lashed out at OC Transpo yesterday after trying out their new routes for the first time — routes enacted as part of the transit service's cost-cutting Network Optimization Plan.

West end resident Jen Valiquette has to take her daughter, who turns two in October, to a Sandy Hill day-care in the morning. That commute usually took less than 30 minutes. But after the 111 route was tweaked on Sept. 4, it will take her more than an hour to get there, she said.

"Literally all they did was cut routes to save money and they made every other route longer to accommodate what they cut for no reason," said the 23-year-old. "They tried to fix something that wasn't broken."

Valiquette is considering writing a letter to OC Transpo to express her frustration, but is skeptical her concerns will be heard. But Diane Deans, the city's transit commission chair, wants OC Transpo users to do just that.

"Please contact us if you have questions," said Deans at a press conference yesterday. "We can only help you if you make us aware of the challenges that you have."



**Advisors available at your convenience.  
By phone. In branch. At a coffee shop.**

Call **1-800-769-2511** to talk about your goals  
and how to get there.

RBC Royal Bank®

Advice you can bank on™







**Town Shoes** 3rd Level



**Magpie Jewellery** 2nd Level

## BEAUTY PRESENTATION

Saturday, September 10  
2nd Level, Eaton Court  
12pm – 3pm: Joseph's



**Nine West** 3rd Level



**Sunglass Hut** 2nd Level

# NOTICE

RIDEAU  
CENTRE   
[rideaucentre.net](http://rideaucentre.net)





# Strike delays OSAP: Students

JOE LOFARO  
@METRONEWS.CA

Some students had a rough first day at Algonquin College yesterday because they were told that they would have to wait longer to receive their OSAP cheques, due to the strike of support staff.

"The OSAP funds have been delayed, and it's not

released, and on top of that we have to wait a long time, and no one can help you out," said Mahlet Ayele, a first-year business accounting student.

Ayele said when she asked a staff member at the registrar's office she was told she couldn't be helped, due to the strike. Other students told Metro they were told the same thing about

OSAP delays.

The college's executive director of advancement, Doug Wotherspoon, said that delays would happen if students submitted their applications late.

"There are no delays in handing out OSAP funds. There are delays in the (lineups)," he said. "Whatever OSAP has processed, we hand out."



► First-year Algonquin College students Mahlet Ayele, left, and Salem Tesfaye say they will have to wait to receive OSAP loans because of the OPSEU strike.

## Tweet for free speech

► Liberal party claims it did not tell school who should attend event

JESSICA SMITH  
@METRONEWS.CA

A tweet about six students walking out of a photo-op with Premier Dalton McGuinty ignited a row over free speech yesterday.

McGuinty was at Markville Secondary School where he met students in the robotics program.

TVO host Steve Paikin, who was covering the event, tweeted that a teacher told students "if you're anti-Liberal, you can leave." Six students walked out. Paikin then tweeted that the teacher called those students "anarchists."

He later clarified, saying the teacher wasn't targeting Conservatives and actually said, "If you're anti-Liberal and you don't think you can control your

**"Freedom of speech and freedom of expression are the cornerstones of our democratic system and those values should be promoted in our schools."**

PC MEDIA RELEASE

urge to heckle, you can leave."

The Progressive Conservative campaign sent out a media release stating, "Dalton McGuinty must answer for whether his campaign tour team pressured the teacher to take this action as part of his tightly scripted campaign event."

The school was not available to comment.

Plugged. In



► Ottawa Mayor Jim Watson, right, and other city officials admire the city's newest addition to its fleet — an electric car.

JESSICA SMITH/METRO

## First behind the electric wheel

The city bought the 2012 Chevrolet Volt to reduce carbon emissions and save on fuel costs, Mayor Jim Watson said. "I am very proud to announce that the City of Ottawa will be one of the first municipalities in the country to use an electric car," he said.

1  
news



For more local news,  
scan the code.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at  
[metronews.ca/ottawa](http://metronews.ca/ottawa)

**A quartet of Winnipeg Jets players model the newest NHL team's just-unveiled threads. Video at [metronews.ca](http://metronews.ca)**

Follow us on  
Twitter  
@metroottawa

### GIFT WITH PURCHASE

September 9<sup>TH</sup>–11<sup>TH</sup>  
at St. Laurent Centre location

September 16<sup>TH</sup>–18<sup>TH</sup>  
at Rideau Centre & Jubilee Fine Jewellers locations

Receive a PANDORA clasp bracelet with your PANDORA purchase of \$150 or more.\*

\*Before taxes. Good while supplies last, limit one per customer. Charms shown on bracelet are sold separately.

PANDORA® STORE

St. Laurent Centre & Rideau Centre  
Ottawa, ON

JUBILEE  
FINE JEWELLERS  
Since 1952

St. Laurent Centre  
Bayshore Shopping Centre  
Carlingwood Mall

PANDORA®  
UNFORGETTABLE MOMENTS



*A little something for you...*



**Fundraiser. Shinerama**

► University of Ottawa students Jacob Sommers, left, and Eric Lortie ham it up yesterday.

SEAN MCKIBBON/METRO

## Putting a shine on the streets

Yesterday was Shinerama day for Ottawa university and college students. The annual fundraiser raises money for cystic fibrosis research.

# The price of fighting city hall

► New policy will seek to win back costs from suits against the city



JESSICA SMITH  
@METRONEWS.CA

Take the city to court and you might have to foot some of the city's legal bills if you lose.

The city's finance and economic development committee decided yesterday to ask council to repeal a policy of not seeking costs when defending public-interest lawsuits.

The policy came under

fire after it stopped the city from trying to recoup part of the \$1.25 million it spent fighting the Friends of Lansdowne legal challenge to the Lansdowne Park redevelopment project.

But the committee's recommendation isn't sitting well with some.

"Nobody's going to fight city hall if they think we're going to take their house," said Coun. Diane Deans — the only committee mem-

ber to vote against the change.

Deans and members of the public — including the Friends of Lansdowne — told the committee the change would deter some from going to court to fight for issues they believe in.

Groups can usually shield members from personal liability for court costs by incorporating before going to court, and judges often don't order citizen groups to pay high

costs in public-interest cases, said City Solicitor Rick O'Connor.

Mayor Jim Watson, who chairs the committee, said city council can still use its discretion on whether or not to ask a judge for court costs from public-interest groups.

"The policy we have right now boxes the city of Ottawa into a corner and boxes the taxpayers of Ottawa into a corner," Watson said.

## An Important Notice Regarding Your Personal Health Information

This notice is being issued to help people with diabetes or at risk of having diabetes decide whether or not they want to consent to having their personal health information shared in the Diabetes Registry and the Diabetes Testing Report.

The Ministry of Health and Long-Term Care (MOHLTC) is working to help individuals better manage their diabetes and their diabetes care. As part of this effort, eHealth Ontario is creating and will be operating a Diabetes Registry to give health care providers the ability to easily check patient records, access diagnostic information, receive patient alerts, and track the care a patient with diabetes receives. The implementation of the Diabetes Registry is a first step towards achieving a province-wide Electronic Health Record for eligible Ontarians.

The MOHLTC currently uses the paper-based Diabetes Testing Report to keep your primary care provider (physician or nurse practitioner in a Nurse Practitioner-Led Clinic) informed of when you last had the following three key tests that people living with diabetes should receive on a regular basis:

- the HbA1C blood glucose control test, which patients should receive at least every six months
- the LDL-C cholesterol test, which patients should receive approximately every year
- a retinal eye exam, which patients should receive at least every two years

In order to create the Diabetes Testing Report, your primary care provider shares personal health information, including your name, OHIP number, and date of birth with the MOHLTC. He or she will also confirm whether you have diabetes. In response, the MOHLTC will share the most recent date for each of the three key tests with your primary care provider.

Starting in Fall 2011, eHealth Ontario will begin operating the Diabetes Registry and other Electronic Health Record applications to permit health care providers to access your name, OHIP number, date of birth, and clinical information such as procedure dates and test results, in real time, when they are providing you with health care. The MOHLTC will continue to send Diabetes Testing Reports to primary care providers until they transition to the Diabetes Registry.

### Protecting Your Privacy

The MOHLTC will share your personal health information through eHealth Ontario and the Diabetes Registry with health care providers when they are providing you with health care. The collection, use, and disclosure of your personal health information by the MOHLTC and health care providers, are subject to the *Personal Health Information Protection Act, 2004* (PHIPA). eHealth Ontario is also subject to PHIPA.

Your privacy is important. You may decide that you do not want your primary care provider to disclose your name, OHIP number, and date of birth, and confirm that you are a patient with diabetes, to the MOHLTC, and that you do not want the MOHLTC to include the dates of your last HbA1C, LDL-C, and retinal eye exam in your provider's Diabetes Testing Reports.

You may also withhold or withdraw your consent so that your personal health information will not be shared with health care providers through the Diabetes Registry without your express consent.

If you do not want your personal health information shared through the Diabetes Registry and/or the Diabetes Testing Report, this will in no way affect your relationship with your health care providers, who will continue to provide health care to you.

If you previously withheld or withdrew your consent from having your personal health information included in Diabetes Testing Reports, your consent will also be withdrawn from the Diabetes Registry. However, if you previously withheld or withdrew your consent from the Diabetes Testing Report, but would like your information to be accessible by health care providers through the Diabetes Registry, you will need to reinstate your consent by following the instructions set out below.

### Deciding Not to Share Your Information

If you wish to withhold or withdraw your consent to having your information disclosed between your primary care provider and the MOHLTC for Diabetes Testing Reports and/or if you wish to withhold or withdraw your consent to having your personal health information accessed by health care providers through the Diabetes Registry, you may call **1-800-291-1405 (TTY: 1-800-387-5559)**.

If you have previously withheld or withdrawn your consent to have your information included on the Diabetes Testing Report and you do not want to participate in the Diabetes Testing Report or the Diabetes Registry, you do not need to withhold or withdraw your consent again.

If you have previously withheld or withdrawn your consent and wish to reinstate your consent to participate in the Diabetes Testing Report and/or the Diabetes Registry, you can do so by calling the number above.

More information about diabetes and the Diabetes Registry can be found at [www.ontario.ca/diabetes](http://www.ontario.ca/diabetes).



MEMBERS GET

# A BRAND SPANKING NEW iPhone 4 FOR \$99<sup>99</sup>.

Get it on the Virgin Mobile SuperTab™ with no term contracts.



Apple iPhone 4



Available for a limited time only at your Virgin Mobile retailer.

Some phone models and colours may not be available at retailers. Limited time offer.



IT'S BETTER TO BE A MEMBER



A one-time activation charge of \$35 may apply to each line. The following monthly fees apply in select provinces for 911 emergency services: NB (\$0.53), NS (\$0.43), PEI (\$0.50), SK (\$0.62) and QC (\$0.40). All pricing and plans are subject to change without notice. Cannot be combined with any other offers unless otherwise indicated. Prices require activation on the Virgin Mobile SuperTab™. For the full details go to [virginmobile.ca/super](http://virginmobile.ca/super). Taxes extra. Retailers may sell for less. "Virgin Mobile" and the Virgin Mobile logo are trademarks of Virgin Enterprises Ltd. and used under license by Virgin Mobile Canada. TM and © 2011 Apple Inc. All rights reserved. All other trademarks are the property of their respective owners and used with permission.



## FORCED EVACUATION

## Quake kills three in Indonesia

A powerful earthquake jolted western Indonesia early yesterday, killing three people, damaging buildings and sending panicked residents fleeing from homes, hotels and even a hospital.

The magnitude-6.6 quake hit about 1 a.m., waking people in towns and villages across Suma-

tra island's northern tip.

It was centred 100 kilometres southwest of the city of Medan and 110 kilometres beneath the earth's crust, according to the U.S. Geological Survey. It was too far inland to generate a tsunami.

Boby Sigit, of the National Disaster Management, said a 12-year-old boy and a 60-year-old man were killed in Aceh, while a 26-year-old mother died in North Sumatra's district of Dairi.

THE ASSOCIATED PRESS

## U.S. civilian strangled in Afghanistan

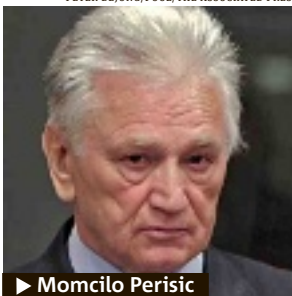
An American civilian working with the U.S. Army Corps of Engineers has been strangled to death in Afghanistan, officials and family members said yesterday. No further details were released. THE ASSOCIATED PRESS

## Hearing postponed

A judge has rescheduled a preliminary hearing for a white teenager accused of using his truck to intentionally run over a middle-aged black man. Deryl Dedmon is charged with capital murder and robbery in the death of James Craig Anderson. THE ASSOCIATED PRESS

## Yugoslav army chief convicted

PETER DEJONG/POOL/THE ASSOCIATED PRESS



► Momcilo Perisic

The Yugoslav War Crimes Tribunal sentenced the former chief of the Yugoslav army to 27 years in prison yesterday for providing crucial military aid to Bosnian Serb forces responsible for the Srebrenica massacre and for a deadly four-year campaign of shelling and sniping in Sarajevo. The case against general Momcilo Perisic was the first time the UN court convicted a civilian or military officer from Yugoslavia of war crimes in Bosnia.

THE ASSOCIATED PRESS



► Motor Maids Ann Savoy MacKelvie, Denise Pelrine and Elizabeth Pass are heading to New York this week.

*Sensational!*

**SMITHS FALLS**

*Heart of the Rideau Canal*

PHOTO CREDIT: SIMON LUNN

**Come for the Day or stay for the Weekend!**

**Discover 3 Sensational Museums at the Heart of the Rideau Canal**

Take Advantage of our Fun in the Falls Passport or Multi Pack discounts

**Call 613-283-6311 for more information**

**www.smithsfalls.ca**

**LOVE TO PLAY?**

Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!

Available on the App Store

metro play

# 9-11 riders represent Halifax

► Thousand of motorcyclists have signed up for the 9-11 Tribute Rally

JENNIFER TAPLIN  
@METRONWS.CA  
METRO CANADA IN HALIFAX

The roar of over 5,000 motorcycles won't be able to drown out the memories of the Twin Towers collapsing into dust.

But three motorcyclists from Halifax will be there on the 10th anniversary of the 9-11 attacks to represent a city that helped out so generously that day.

Denise Pelrine, Ann Savoy MacKelvie and Elizabeth Pass are HRM residents and members of Motor Maids, a women's-only motorcycling club that dates back to 1940. Their club was asked to escort members of International Associations of Firefighters Motorcycle Group from

**"This was something that changed the world. It changed our perception of so many things. I don't think anybody is unaffected by it..."**

ANN SAVOY MACKELVIE

Newburgh, N.Y., to Ground Zero on the 10th anniversary of the attacks on Sunday.

In total, 12 Canadian Motor Maids will participate in the rally: three from Nova Scotia, two from New Brunswick and seven from Ontario.

"The Americans recognize Canada as a real sister, a support in what happened," said MacKelvie.



RYAN TAPLIN/METRO HALIFAX



... to take part in a 9-11 tribute rally.

CARSTEN FLECK/CONTRIBUTED

► Former Calgary resident Lyle Owerko holds a copy of his Time magazine cover photo, which he took on 9-11.



## A day captured through a lens

**JEREMY NOLAIS  
IN CALGARY**

Hell rained down all around him on 9-11, but what Lyle Owerko remembers most 10 years after that fateful day is the blue sky.

"It just was truly exceptional," he told Metro. "Unfortunately, it provided a beautiful backdrop for something so horrible."

The University of Calgary graduate and longtime local resident had just returned from a photo excursion in Africa. Jet-lagged, his bag of gear was still packed when the first plane struck the World Trade Center just blocks from his apartment in New York's Tribeca neighbourhood.

"I reacted immediately to the sound," he said.

Owerko raced outside and was alerted to the smoking crash site near the top of the North Tower. He raced to the scene, loading film along the way.

"The tragedy really started unfolding," he said.

Fiery debris and chaos littered the street, and desperate people began leaping to their deaths from the upper floors.

Owerko actually caught some of the individuals on film as they fell, but it was an image he took just moments later that would launch his work into the spotlight.

A second plane roared into Lower Manhattan on a collision course with the South Tower. Owerko pointed his camera towards the top of the tower, fired, and caught the exact moment of impact. "I knew I had something. I didn't know it was the apex," he said.

The historic photo would appear on the cover of Time magazine the next day and go on to receive critical acclaim from presidents, world-famous photographers and many others.

### 9/11 coverage

Pick up a copy of Metro on Friday for our discussion 9-11's legacy a decade later.

**comwave**  
Home Phone

**Unlimited Worldwide Calling  
6 Months FREE**

**\$29<sup>95</sup>**  
/month

**Satisfaction  
Guaranteed**  
or you pay  
nothing!



Limited Time Offer  
**6 Months  
FREE**

**Unlimited calling to almost  
60 countries  
Including India**

- ✓ 6 Months FREE
- ✓ Over 14 FREE features
- ✓ Keep your existing phone number

**613-216-6096**

Follow Us...



[www.comwave.ca](http://www.comwave.ca)

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The 6 Month Free Promotion and the rate of \$29.95 is based on a 30-day term. You have a 30-Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within 30 days with no further obligation. You will receive an additional 3 months free for a total of 6 months free if you transfer your phone from your existing provider to Comwave in the first 30 days. Terms and conditions apply, see [www.comwave.ca](http://www.comwave.ca) for details.



## News in brief

## Nine shot at IHOP restaurant

NEVADA. A man with a rifle shot an entire group of five uniformed U.S. National Guard members eating breakfast at a Nevada IHOP restaurant yesterday, killing two of them and another person in a hail of gunfire, authorities and witnesses said.

The suspect also shot himself and later died at a hospital. Six people were wounded in the attack.

THE ASSOCIATED PRESS

## Hostage drama ends without injuries

AUSTRALIA. A man who marched into a law office in Sydney, Australia, with his daughter and said he



► A child believed to be a hostage.

had a bomb in his backpack was taken into custody yesterday after a tense, 12-hour standoff with police.

The man's 12-year-old daughter was released and reunited with her family, New South Wales police said. She was distressed but otherwise unharmed, police said.

A police tactical team forced its way into the office after negotiations with the man began to crumble, Clifford said.

"Police have taken action to break into the premises and take a 52-year-old man into custody," Clifford said.

THE ASSOCIATED PRESS

## Gadhafi chiefs flee to Niger

## ► Convoy may include Gadhafi family members

Armed loyalists of Moammar Gadhafi, including top brass, crossed in convoys from Libya into neighbouring Niger yesterday, with the toppled Libyan leader's own security chief at the head of one of the columns as it rolled into the capital of this desert nation, officials said.

U.S. officials in Washington told The Associated Press that senior Libyan military defectors were travelling in one of the convoys. The officials spoke on condition of anonymity to discuss private exchanges between the U.S. and Niger.

Customs official Harouna Ide told AP that Mansour Dao, Gadhafi's security chief, was at the head of the first convoy.



► Rebel fighters celebrate yesterday at a checkpoint between Tarhouna and Bani Walid, Libya.

He said other Libyan convoys were south of Agadez in central Niger, a desert country that borders Libya and where Gadhafi has the support of many Tuareg tribal fighters.

It wasn't clear if Gadhafi family members were in the convoys but al-Arabiya television quoted Niger's foreign minister, Bazoum Mohamed, as saying Gadhafi himself was

not present.

Gadhafi, who ruled Libya for more than 40 years, has been on the run since losing control of his capital, Tripoli, last month. THE ASSOCIATED PRESS

## A STAR-STUDDED CELEBRATION!



Celebrate the best in Canadian television with the hottest stars! Plus, catch all the behind-the-scenes action in THE TOM GREEN ROOM online at [cbc.ca/live](http://cbc.ca/live)



Hosted by  
**Russell  
Peters**



# Most U.K. rioters had records: Mayor

Three-quarters of those arrested in Britain's riots last month had criminal records, London's mayor said yesterday, blaming the U.K.'s criminal justice system for failing to turn offenders away from crime.

"What was going to make you more likely to riot? It was previous contact with the police, and that's the problem that we need to tackle," Mayor Boris Johnson told the

House of Commons home affairs committee.

The four days of intense rioting, triggered by a fatal police shooting Aug. 4 in north London's Tottenham neighbourhood, were the worst civil disturbances to hit Britain since the 1980s.

Five people were killed and scores of stores were looted and buildings burned in several cities, including London and Birmingham.



► Metropolitan police officers arrest a man suspected of involvement in the riots after carrying out a raid on a property on the Churchill Gardens estate on August 11.

ANTHONY DEVLIN/WPA POOL/GETTY IMAGES

Tim Godwin, the acting head of the Metropolitan police, said police initially focused on known offenders including gang members. As more suspects are arrested, he said the proportion of those with criminal records may decrease.

He added it was "absolutely essential" to analyze the type of previous offences committed by rioters.

THE ASSOCIATED PRESS

## Known to police

► According to London's mayor, Boris Johnson, three out of four rioters had a criminal record, and a full 83 per cent of those arrested have had previous contact with police.

► More than 1,500 people were arrested during the riots. About 22 per cent of them were aged 10 to 17, and 91 per cent were male.

## worry-free small talk

\$**25** per month  
unlimited talk  
in a **chat** zone



get on the **no worries™** network

**BONUS CREDIT**

**\$60**

when you sign-up for auto-pay\*

Available at:

► FUTURE SHOP

booth  
wireless

«WIRELESSWAVE»

BEST BUY

COSTCO  
WHOLESALE

Zellers

chatr stores

LOCATED AT:

Bayshore Shopping Centre

Place d'Orleans

chatrwireless.com Offers available for a limited time and subject to change without notice. \*Bonus in 6 monthly installments of \$10 will be credited to the chatr account. ©2011

chatr wireless  
no worries • talk happy



CHINA PHOTOS/GETTY IMAGES



► Howard Schultz, president of Starbucks in the United States, enjoys a mug in the first Starbucks in Chongqing Municipality in 2006. The chain plans to open 1,500 stores in China.

# Starbucks tripling China coffee shops

- Chain eyeing emerging economies to boost sales
- Global revenue now 23% of overall business

Starbucks Corp., the world's largest coffee chain, plans to triple the number of its coffee shops in China during the next four years, an executive said yesterday.

Starbucks aims to operate 1,500 outlets in China by 2015 from a current 470, the company's Asia Pacific president, Jinlong Wang, said. Starbucks also expects

## 55

Starbucks has 17,000 stores in 55 countries.

to open 700 coffee shops in South Korea by 2016, up from 370 now, Wang said.

"The coffee industry in China has huge potential.

China has 5,000 years as a tea-drinking country, but we've created a new coffee culture," he said.

Starbucks reported overall sales of \$2.93 billion US last year. Wang said sales in Asia have remained robust in recent months despite a slowing global economy.

Since opening its first store in China in 1999, Starbucks has spread to 42 cities, including 10 new ones this year. Starbucks is preparing to open its first outlets in India next year and in Vietnam in 2013.

THE ASSOCIATED PRESS

# Rogers expanding into banking business

Rogers Communications Inc. is hoping to expand beyond the telecom business by starting up a bank that would focus on credit and payment services.

The owner of Canada's largest wireless telephone service provider has told the federal finance department that it will apply to become a financial institution called Rogers Bank, to be headquartered in Toronto. However, it will not be a full-service deposit-taking bank.

"The licence, if granted, would give us the flexibility to pursue a niche credit-card opportunity to our customers," spokeswoman Carly Suppa said.

## Market moment

TSX



- 83.87  
(12,518.54)

Dollar



- 0.58¢  
(101.03¢ US)

Oil



- 43¢  
(\$86.02 US)

Natural gas

1,000 cu ft  
\$3.938 US  
(+ 6.6¢)

Gold contract  
\$1,873.30 US  
(- \$3.60)

Iain Grant, managing director of market research

and technology firm SeaBoard Group, said Rogers could be positioning itself to become a leader in mobile money transfers. That would enable Canadians to store credit in their cellphones, which could be used to make payments and money transfers.

"The next big thing in mobile is money transfer," Grant said, "whether that's me paying for a subway pass or a parking meter, or me sending you money or me sending money back home. Money transfer is where the cellphone companies stand to make their next trillion dollars."

THE CANADIAN PRESS

## RIM 'broken,' investor says

Research In Motion should consider putting itself up for sale or spinning off its patent portfolio into a separate company, a shareholder says. Vic Alboini, CEO of Jaguar Financial Corp., says RIM's BlackBerry smartphone has lost ground to rival technology companies in the consumer market. "The company is broken and it has to be fixed," he said. THE CANADIAN PRESS

## Well-being at risk: Study

Canadians are better off than they were 30 years ago, but rising health-care costs are slowing them down, a study suggests. The Centre for Living Standards says there has been a dramatic increase in per-capita consumption and wealth in Canada since 1981, but that is being eroded by declines in economic equality and security. THE CANADIAN PRESS

## Bank to rule on rates

Mark Carney, governor of the Bank of Canada, will make an announcement on interest rates today at a time when global financial conditions have deteriorated and the Canadian economy showed a contraction in second-quarter GDP instead of an expected 1.5 per cent growth. It is widely expected Carney will leave rates on hold at one per cent until at least next year.

THE CANADIAN PRESS

## OVERWHELMED?

### CALL NOW

## 613-842-5454

It could change your life!

ALL CALLS ARE STRICTLY CONFIDENTIAL

thedoortwaytostressrelief.com

Canada's

National Notary Public

Company

Notarization & Legalization

Over 100 Locations Across Canada



Visit our Ottawa Walk-In Location Today

45 O'Connor Street, Suite 1150

www.RedSealNotary.com  
1-888-922-7325

Notarization

Commissioners of Oath

Certified True Copies

Authentication & Legalization (Apostille)

Mobile Notary

Invitation Letters

Visa Processing Services

Consent to Travel

Land Titles Searches

E-Document Certification

## Learn about the H&R Block Tax Training School.

Come to our open house.

### Learn tax preparation from H&R Block

You could go on to use your skills to earn extra income as a tax professional.\* The H&R Block Tax Training School is designed for busy people with jobs, school, and family commitments. People like you.

We look forward to seeing you at our open house.

Date: Tuesday, September 13th

Time: 2:00pm - 8:00pm

Location: 1867 Carling Ave. and 1025 St. Laurent Blvd.

Phone: 613-728-9735, ext. 262 and 613-745-1432

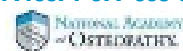
\*Enrolment restrictions may apply. Enrolment in, or completion of, the H&R Block Tax Training School is neither an offer nor a guarantee of employment. This course is not intended for, nor open to any persons who are either currently employed by or seeking employment with any professional tax preparation company or organization other than H&R Block. © 2010 H&R Block Canada, Inc.

## Change Your Career Become an OSTEOPATH

- 4 months FT or 9 months PT
- zero unemployment rate
- average osteopath income: \$90,000/yr
- student loan available
- classes held in Ottawa

NationalAcademyofOsteopathy.com

Toll Free: 1-877-550-6550



find us



follow us



like us

We're all over your city in more ways than one. Metro brings you breaking news and great reviews.

metro



# Unlimited TALK · TEXT · DATA plus voicemail



~~\$45~~  
**\$29**/mo  
For up to 1 year

## Limited Time

Super Smart Plan includes Unlimited local talk, global text and data from any WIND Zone, plus voicemail. Conditions apply. Learn more at [WINDmobile.ca](http://WINDmobile.ca)

With **WINDtab+**™ get our NEW **WIND Pay-Off Promise**™.

No term contract and our NEW **WIND Pay-Off Promise**™: Our commitment to clear any remaining WINDtab+™ balance on your device after 3 years with us. Only at WIND.

[WINDmobile.ca](http://WINDmobile.ca)



Conditions apply to WINDtab+™, Super Smart Plan and WIND Pay-Off Promise™. Learn more at [WINDmobile.ca](http://WINDmobile.ca). WINDtab+™ is only available at participating locations. Data services subject to WIND's Fair Usage Policy and Internet Traffic Management Policy. All services subject to WIND's Terms of Service and are for personal use by an individual. WIND, WIND MOBILE, WINDtab+™ and WIND Pay-Off Promise™ are trademarks of Wind Telecomunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. © 2011 WIND Mobile. BlackBerry®, Bold™, Curve™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. All other trademarks are properties of their respective owners.



# THE KIDS ARE ALL RIGHT

## JUST SAYIN' ...

PAUL SULLIVAN  
METRO



As you wave goodbye to the kids today, staggering under the weight of their 30-pound backpacks stuffed with textbooks, iPads/iPhones/iPods, healthy lunches (which they'll pitch as soon as you're not looking and head for the nearest cheeseburger), gym clothes (which are clean for at least one day this year), and various waiver forms, consider the investment that's climbing out of the SUV.

According to the usually reliable sources, it costs roughly a quarter of a million bucks to raise a child, and you really can't expect too much help from Hillary Clinton's legendary village. The good news is that you get to spread the costs over 20 years, so the annual touch is only about \$12,500.

Your alcohol budget is probably higher than that, especially throughout the teen years.

**"Remember that it's tough being a kid in 2011. There are simply too many role models, all of them Justin Bieber and Selena Gomez. The pressure to be cool starts in kindergarten, where you have to make sure you don't wet your pants and you have to be constantly on the alert to make sure no one swipes Teddy."**

The pressure to be cool starts in kindergarten, where you have to make sure you don't wet your pants and you have to be constantly on the alert to make sure no one swipes Teddy.

Meanwhile, the real competition is hidden in the library (where's that?) where they are already studying 24-7 and have nearly filled all the pre-med slots for the Class of 2024. It's a jungle out there, and unless your kid's a cheetah, he/she can expect to spend the next 12 years at the bottom of the food chain, no matter how much you love them.

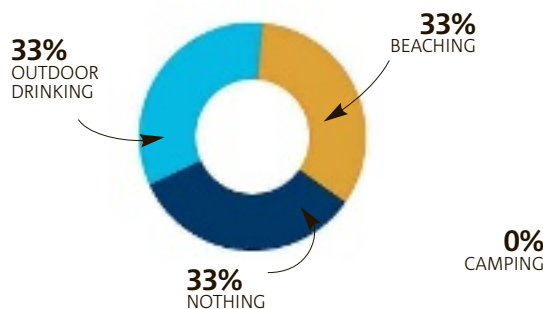
So, a quarter of a million bucks may seem like a lot of money to turn out a clerk typist 4 or a travel agent, but they will be the best, most intelligent, beautiful middle managers ever raised. And they're worth every penny. And all the love you've got, which is enough.

Read more of Paul Sullivan's columns at [metronews.ca/justsaying](http://metronews.ca/justsaying)



Register at  
[metropolitanpanel.ca](http://metropolitanpanel.ca)  
and take the quick poll

**What are you going to miss most about summer?**



## Worth Mentioning

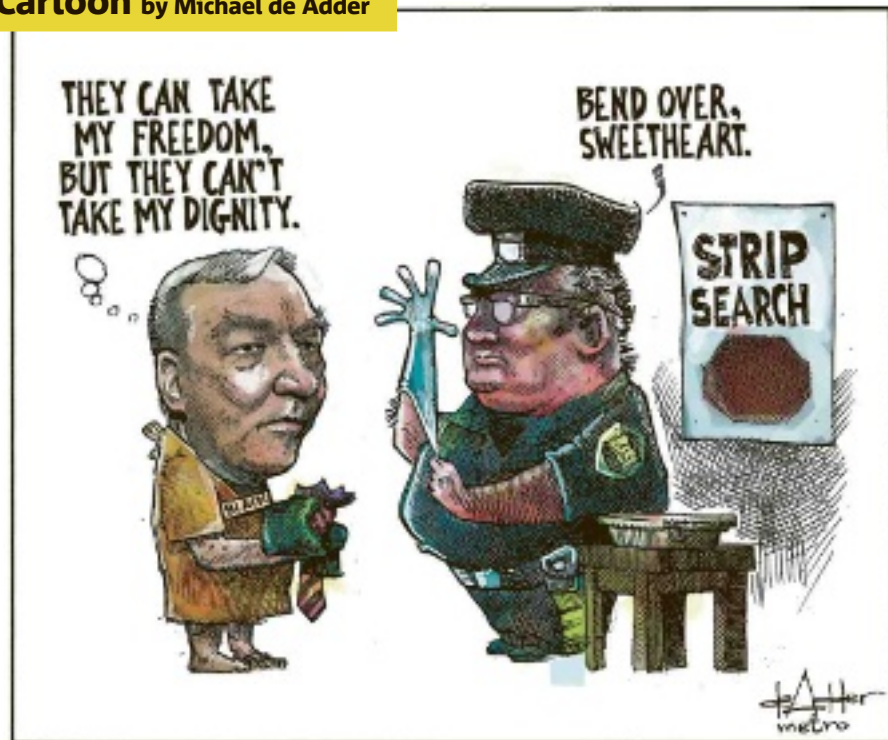
Western companies have flocked to Indonesia to sell everything from Louis Vuitton bags to Piza Hut, but one big business has held out against the foreign invasion. Cinema screens are currently off limits to most Hollywood blockbusters — thanks to a virtual monopoly on film imports by a single company.

With a booming national economy, a growing middle class and a relatively young population — 36 per cent are between the ages of 15 and 40 — Indonesia provides a near-bottomless market for consumer industries.

Yet the film world has managed to escape many of the reforms that resulted in the dismantling of monopolies following the collapse in 1998 of the 32-year dictatorship of Suharto, who placed control of entire sectors in the hands of family and trusted friends.

As long as Group 21 maintains a firm grip on all film imports and most screens in theatres nationwide, cinema lovers will have little to cheer about, said Raam Punjabi, a prominent producer and outspoken critic of the movie industry. **THE ASSOCIATED PRESS**

## Cartoon by Michael de Adder



## WEIRD NEWS

### What a croc!

Its mighty snout wrapped tightly with ropes, a one-tonne, 6.1-metre saltwater crocodile was captured and put on display in a town in the southern Philippines — one of the biggest such reptiles to be caught in recent years.



► The mayor of Bunawan township pretends to measure the 6.1-metre croc. **THE ASSOCIATED PRESS**

"Lolong," as it has been nicknamed, is about to become the star attraction of an ecotourism park — unless it's upstaged by an even larger reptile that may be still be on the loose.

Residents of Bunawan township celebrated when they captured the croc, with about 100 people pulling the feared beast from a creek by rope, then hoisting it by crane onto a truck. While the beast was safely tied up, they examined its teeth, claws and stubby legs with fascination.

The scaly skinned Lolong — which tips the scales at 1,075 kilograms — is estimated to be at least 50 years old.

**THE ASSOCIATED PRESS**



# Chasing stardom

▶ Lead actors in *Bucky Larson: Born to Be a Star* share their love of one another with Metro  
▶ Adam Sandler pits the pair against each other as he brings porn comedy to the big screen

**NED EHRBAR**  
SCENE@METRONews.CA  
METRO WORLD NEWS IN LOS ANGELES

*Bucky Larson: Born to Be a Star* puts a wide-eyed pornography newcomer (co-writer and star Nick Swardson) at odds with a more established adult film performer (Stephen Dorff) in this Adam Sandler comedy.

The pair left any sense of animosity on the screen, though, if Metro's love-fest of a chat with the pair is any indication.

**Nick, I take it this is an autobiographical film for you?**

**Nick Swardson:** It's a documentary. We're very excited. They followed me around for my beginning (laughs). No, it's awesome.

It's an idea that (Adam) Sandler had. He told me, 'You play a kid who finds out his parents used to be porn stars,' and it's such an awesome concept because you do think, 'What if I found a porno from the '60s or '70s that my parents were starring in? What would my reaction be?' And this kid's reaction



▶ Metro speaks to the stars of *Bucky Larson: Born to be a Star*.

is like, 'Oh my gosh, that's my calling.'

**A lot of other comics have pegged you as the one to watch over the last couple of years.**

**Nick Swardson:** Oh, that's very cool. Who said that, my mom?

**Mostly your mom, yeah.**

**Stephen Dorff:** And your grandma.

**How does it feel to have that kind of momentum building up? Not to put any pressure**

**on you.**

**Nick Swardson:** No, it's cool, man. I've been doing comedy for 16 years, so it's not, like, jarring. It's not an overnight thing where I'm like, 'Ah! How do I deal?' You know, I've had so many parts in Sandler's stuff, *Blades of Glory*, *Reno 911*. So it's been like a nice build. I just feel like it's really the perfect time. I don't feel any pressure or anything, and I'm really enjoying it. You know, I get

to do a movie like this where I get to work with people like Stephen, who's an amazing actor.

**Stephen Dorff:** Thanks, buddy.

**Nick Swardson:** Yeah, buddy. I love you.

**We saw you last in *Somewhere*, playing a movie star, and now you're playing a porn star in the other. Do you approach the characters the same way?**

**Stephen Dorff:** A little dif-

ferent, a little different. This one had bad jeans, a little more Granada Hills thrown in there, some Affliction T-shirts, some Brett Michaels influence.

**Nick Swardson:** You had a bigger penis in *Somewhere*. You had to decrease it for this role. In *Somewhere*, he had the three-foot penis, going down to his knees. In this one they were like, you've got to dial that back.



## Retiring



Regis Philbin says he'll retire from his talk show on November 18. The veteran TV personality made it official on Tuesday.

THE ASSOCIATED PRESS



Video game simulation says Michael Vick will win NFL MVP honours this season

**LOVE TO PLAY?**

Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!

Available on the App Store

metro play

Great Canadian Theatre Company

**2011/2012 VARIETY**

MUSICAL  
DRAMA  
CLOWN  
IMAGINATION  
SUSPENSE  
COMEDY

YOUR CITY YOUR THEATRE

"...PART BIOGRAPHY, PART ROMANCE, PART COMEDY AND PART MUSICAL. WE'RE TAKEN ALONG FOR THE RIDE. AND WHAT A THRILLING RIDE IT IS." THE COUNTY WEEKLY NEWS

**AMELIA: THE GIRL WHO WANTS TO FLY**

WRITTEN AND COMPOSED BY JOHN GRAY  
DIRECTED BY SARAH PHILLIPS  
A FESTIVAL PLAYERS OF PRINCE EDWARD COUNTY PRODUCTION

**SEPTEMBER 13 – OCTOBER 2, 2011**

2, 3, 4, AND 5 PLAY  
FLEX PASSES AVAILABLE!

Call the Box Office at (613) 236-5196 | [www.gctc.ca](http://www.gctc.ca)

f | @GCTCLive

**Hair DYNAMIC**

Our team of stylists:  
Jessica, Yvonne, Georgette, Meghan

Welcoming clients to our contemporary downtown salon.

Quality styling for less.

Save on your next visit!

256A Elgin Street 613-237-0812 [www.hairdynamic.ca](http://www.hairdynamic.ca)



# WARNING: VIRUS FILMS ARE CONTAGIOUS

## IN FOCUS

RICHARD CROUSE

SCENE@METRONEWS.CA



If Jaws kept people out of the water, Contagion, this week-end's all-star

Towering Inferno of germ movies, will keep them from touching their faces. The average person touches their face upwards of 3,000 times a day, and in the world of Contagion everything that comes in contact with your skin — an elevator button, a glass at an airport, a handrail on a ferry — could be fatal.

In this world of big diseases with little names like SARS and H1N1, germs are the new Frankensteins.

The movies have used microscopic germs and viruses as bogeymen for



► Jude Law stars as Alan Krumwiede in the thriller Contagion.

years.

In Warning Signs an experimental virus turns

people (including Law and Order's Sam Waterston) into rage filled maniacs, a

plot echoed in Resident Evil when a virus gets loose in a secret facility. "The T-virus is protean," says the Red Queen, "changing from liquid to airborne to blood transmission, depending on its environment. It is almost impossible to kill."

The Thaw sees Val Kilmer unleash a prehistoric plague when he discovers a diseased Woolly Mammoth carcass. Eli Roth gave new meaning to the term cabin fever in his virus movie of the same

name and the movie Doomsday sees most of Scotland devastated by a deadly germ.

Michael Crichton dreamt up the idea for The Andromeda Strain when he was still a medical student. The story of a deadly alien virus was inspired by a conversation with one of his teachers about the concept of crystal-based life-forms. His novel was a bestseller and the author — who would later go on to write the sci-fi classics Westworld and Jurassic

**In this world of big diseases with little names like SARS and H1N1 germs are the new Frankensteins. The movies have used microscopic germs and viruses as bogeymen for years.**

Park — actually makes a cameo appearance in the hit 1971 film of the same name. He can be seen in the scene where the star of the movie, Dr. Hall (James Olson), is told to report to the government's secret underground research facility.

Outbreak features germs of a more earth-bound kind. Dustin Hoffman, Rene Russo, Morgan Freeman and Kevin Spacey star in this 1995 film about an outbreak of a fictional Ebola virus called Motaba spread in the States by a white-headed capuchin monkey. If the contagious simian looks familiar, no wonder. It's Betsy who also appeared as Ross's pet Marcel on Friends.

The sitcom spoofed Betsy's work in the disaster film by showing the monkey on a poster for a fictional film called Outbreak 2: The Virus Takes Manhattan.



**A SPECIAL FEATURE DEVOTED TO LOVE, SEX & RELATIONSHIPS IN TODAY'S WORLD.**

**ONLY IN METRO SEPTEMBER 13**

PRESENTED BY:



metro

WIN A PASS FOR TWO TO SEE THE SPECIAL ADVANCE SCREENING OF **I DON'T KNOW HOW SHE DOES IT**

TO REGISTER AND FOR FULL CONTEST DETAILS VISIT [clubmetro.com](http://clubmetro.com)

IN THEATRES SEPTEMBER 16

ALLIANCE

VISIT [clubmetro.com](http://clubmetro.com) TO ENTER

**LOVE TO PLAY?**

Get more Metro puzzles and games on your iPhone with the FREE Metro Play app — updated daily!

Available on the App Store

metro play

iPhone





# Be socially bold.

More than an upgrade. It's the definitive BlackBerry® experience. And now you can get it with a bunch of cool FREE stuff.



Purchase a new BlackBerry® Bold 9900 with any new 3-year activation and receive a

**FREE** WiFi Media eReader

WiFi Media eReader  
\$179.99 value



BlackBerry® Bold 9900 **\$149.99**<sup>†</sup>  
†(3-year term) No term \$529.99  
See an Expert Associate in-store for more details.

Get **1,000 prints a year FREE** for the life of your **NEW 3-year TELUS** contract!



Download the new FREE Black's Photo Print App.

**print | share | edit | upload**



Available now for iPhone, iPad, BlackBerry and Android Devices. visit [blacks.ca/apps](http://blacks.ca/apps).

N090711MO

**BLACK'S**<sup>®</sup>  
[www.blacks.ca](http://www.blacks.ca)



# Being a busty babe ain't all it's cracked up to be

► Jessica Simpson considering a breast reduction surgery before she ties the knot ► 'I was the first girl in my class to wear a bra', she says

Jessica Simpson is reportedly considering breast-reduction surgery before she walks down the aisle with fiancé Eric Johnson, according to *In Touch*.

"She thinks if she downsizes her breasts, she will look smaller. She's never loved having a huge chest," a source says.

It's clearly an issue that's been weighing on

the singer for some time.

"I was well-endowed when I was in sixth grade. There's no way to hide them, as much as you want to bandage your boobs down," Simpson has said previously.

"I was the first girl in my class to wear a bra. I remember crying in the bathtub. All my friends were super skinny."

● METRO



► Jessica Simpson

ALL PHOTOS GETTY IMAGES

## Adele doesn't have weight issues



Adele, who has had to cancel several tour dates this year due to illness, apparently doesn't do so well on the road even when she's feeling healthy.

"I puke quite a lot before going on stage," she tells *British Vogue*, admitting that there is a bright side to it.

"The bigger the freak-out, the more I enjoy the show."

But no one should mistake the singer's nerves and anxiety for issues about her weight, of which she says she has none.

"I've seen people where it rules their lives, who want to be thinner

or have bigger boobs, and how it wears them down," she previously said in an interview with *Rolling Stone*.

"I don't want that in my life. I have insecurities, of course, but I don't hang out with anyone who points them out to me."

● METRO

## Fatherhood, take two



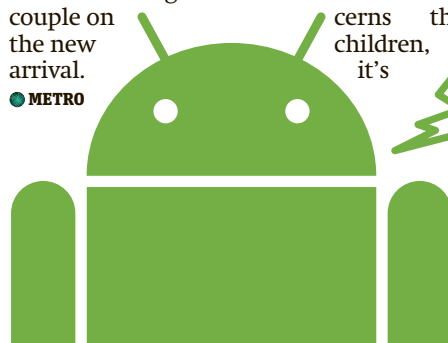
► Guy Ritchie

Guy Ritchie is a dad again. The director's girlfriend, Jacqui Ainsley, delivered a baby boy in London earlier

this week via C-section, according to the *Mirror*. Ritchie also has an 11-year-old son, Rocco, with ex-wife Madonna, who is said to have sent flowers to congratulate the

couple on the new arrival.

● METRO



### Celebrity tweets



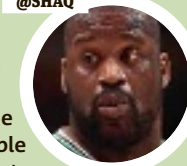
First Foot-loose now Flatliners! Are they just remaking the ones that start with F?



@kevinbacon

@SHAQ

O for three in tryin to meet the honorable president Obama



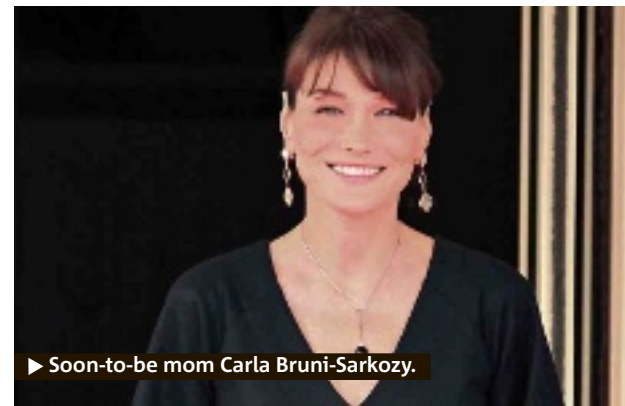
@Joan\_Rivers

Ben Franklin said it best: "Guests, like fish, begin to smell after 3 days." He didn't mention: "20 minutes if your guest is Snooki."



@Alyssa\_Milano

Hi! Feeding time for Baby Milo. Thinking of all you mamma's out there with raw nipples. #Ouch



► Soon-to-be mom Carla Bruni-Sarkozy.

## Baby Sarkozy not for sharing

Carla Bruni-Sarkozy is planning on keeping her new baby away from the cameras when it arrives.

"You don't have a child for the [photo] gallery," the French first lady and expectant mother says in an interview with French television program *Sept à Huit*, adding that her "position as the wife of the head of state has made me even more defensive."

I understand the media interest, and I don't see any inconvenience in it for myself or my husband, but when it concerns the children, it's

not impossible."

While she doesn't yet know the gender of the new baby, she does know how she feels about media attention.

"I will do everything to protect this infant, and I'll be absolutely rigorous," she says. "I will never show photos of this child. I will never expose this child."

● METRO

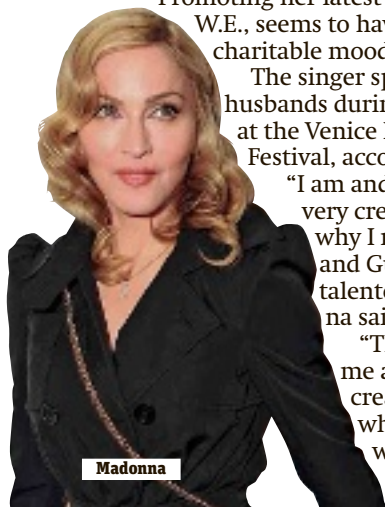
Promoting her latest directing effort, *W.E.*, seems to have put Madonna in a charitable mood.

The singer spoke fondly of her ex-husbands during a press conference at the Venice International Film Festival, according to *Us Weekly*.

"I am and was attracted to very creative people which is why I married Sean Penn and Guy Ritchie, two very talented directors," Madonna said.

"They both encouraged me as a director and as a creative person to do what I did, and they were both very supportive."

● METRO



Madonna

**PSSST...**  
**DOWNLOAD YOUR**  
**FREE METRO**  
**ANDROID APP HERE**



Android is a trademark of Google Inc.



# The funky side of Edmonton

► There's a lot more to Alberta's capital than that gigantic mall with the roller-coasters

## THE TRAVELLIN' CANADIAN

DARREN PARKMAN  
TRAVEL@METRONEWS.CA



There is more to Edmonton than that big honkin' mall. A lot more.

Having travelled all over this fair country, and most of Alberta for that matter, I for some reason had never visited this great city.

Who would have thought you'd find interesting history and culture in little old Edmonton?

For starters, I was pleasantly surprised with the funky vibe of the historic old Strathcona district. Cool old architecture, colourful

antique and junk stores and great restaurants await, and then there is the super-sized holy grail for hockey fans!

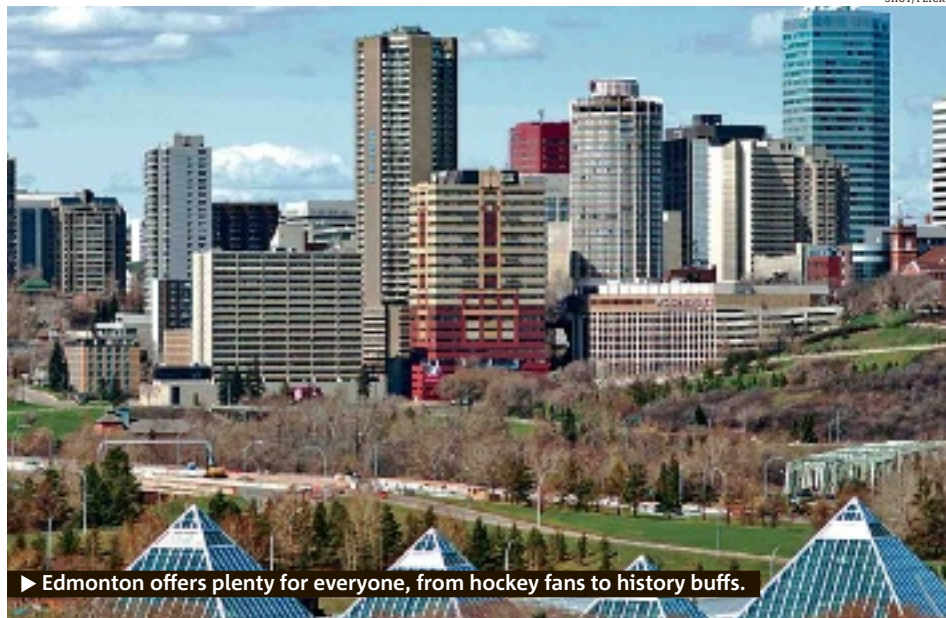
I almost drove off the road after suddenly noticing a gigantic Stanley Cup right there on the side of the road! This 12-foot-tall exact copy of the cup even has all the winning teams engraved on it, just like the real thing.

I actually had to stand in line to get my picture taken next to this massive version of hockey's most famous prize. Guess that's one way to keep the cup in Edmonton!

Keeping with that

trendy/funky theme, it was on to the very vibrant and lively Whyte Avenue.

The nightlife here could give any big city a run for its money. At the centre of it all is the huge Iron Horse nightclub next to the railway tracks, where the partying



► Edmonton offers plenty for everyone, from hockey fans to history buffs.

goes on and on. My personal favourite watering hole in Edmonton turned out to be the equally lively Atlantic Trap and Gill.

My intention was to stop in for a quiet east coast style meal and a brew, but a few pints later I somehow found myself on stage leading a chorus of the Irish folk song Whiskey in the Jar.

Did I mention a few pints were involved?

Happily even more pints were involved a few

days later when I had a chance to tour the city's most impressive boutique brewery called Big Rock. This is a great place to just hang out and have lunch, and of course tasting the product is not too hard of a sell either.

The brewery's Grasshopper Wheat Ale has become a very popular export to other parts of the country, and the Big Rock Lime is no slouch either. I tasted both more than once, just to make sure.

### Other cool

### things to do

- **Check out a festival or two:** Edmonton is the festival capital of Canada, with more than 30 annual events. The eclectic variety includes folk, fringe or street performer festivals.
- **Check out Jurassic Forest:** Here life-size dinosaurs come to life on a 40 acre prehistoric preserve!

# 3

life

### Travel in brief



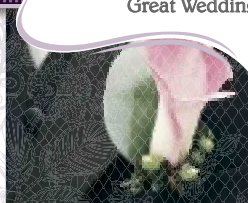
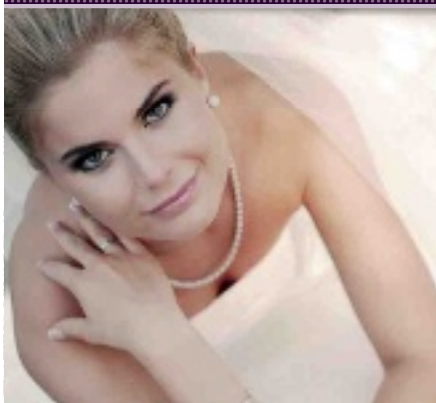
Canada is on the short-list and needs your vote. The Bay of Fundy could become one of the planet's New 7 Wonders of Nature with enough votes. Winners will be announced in November. There are currently 28 sites on the finalist list. Only the Bay of Fundy and the Grand Canyon are contenders for North America. To vote, go to [votemyfundy.com](http://votemyfundy.com).

NEWS CANADA



Native American photographers share perspectives in special exhibit at NM museum.

Wedding Palace®  
**Bridal Show**  
Great Weddings Start Here...



*Ottawa's Premier Bridal Show!*

Fall Show

September 10th & 11th, 2011 • 11 am to 5 pm

OTTAWA CONVENTION CENTRE  
CENTRE DES CONGRÈS D'OTTAWA

Amazing Grand Door Prizes & Giveaways to be Won!

Call or visit: 613.612.5468 • [weddingpalace.ca](http://weddingpalace.ca)



Wedding Palace Bridal Show



Twitter



# An apple a day

- Iroquois, Ont., is home to the McIntosh apple
- The town celebrates the bicentennial of the species

Two hundred years ago, in 1811, a farmer by the name of John McIntosh found an apple sapling growing on his property in Upper Canada, north of the St. Lawrence River.

That find, and later

widespread propagation of the species, led to what become known as McIntosh apples showing up in grocery stores and lunch boxes everywhere. The town of Iroquois, Ont., will celebrate the bicentennial of an

apple festival on Sept. 17. "We're gearing up," Sandra Beckstead, owner of Smyth's Apple Orchard in Dundela, just north of Iroquois, told CBC Radio's As It Happens. "I have all the history. The history will all be displayed. . . . We'll have all kinds of contests, music, barbecues, apple cider, candy apples — we have everything planned."

Beckstead said she's the fourth generation in her family to have farmed her land, and that John McIntosh's property was about half a kilometre away. The oldest known McIntosh apple tree — an original descendant of the first McIntosh tree — died at Beckstead's farm this summer.

McIntosh's parents emi-



► Iroquois, Ont., is holding a celebration of the bicentennial of the McIntosh apple on Sept. 17



► The McIntosh apple has a highly desirable taste.

grated from Inverness, Scotland, to the Mohawk Valley in New York state, and John later moved to Upper Canada.

An Historic Sites and Monuments Board of

Canada plaque in Dundela, 75 kilometres south of Ottawa, says John McIntosh and his family had a major impact on Canada's fruit growing industry: "The McIntosh apple not only

possessed a highly desirable taste, texture, aroma and appearance, but was also ideally suited for growing in the country's colder climate."

THE CANADIAN PRESS



## FLIGHT CENTRE® Unbeatable

### Airfares

**Orlando**  
**\$12\***

Travel Oct 1 - Oct 8/ts + taxes & fees \$287

**Paris**  
Travel Oct 16 - Oct 26/ts + taxes & fees \$485

**Cancun**  
Travel Oct 15 - Oct 22/ts + taxes & fees \$353

**London**  
Travel Sep 26 - Oct 17/ts + taxes & fees \$516

**Montego Bay**  
Travel Nov 6 - Nov 13/wg + taxes & fees \$350

**Rome**  
Travel Sep 11 - Sep 19/ts + taxes & fees \$493

**New York**  
Travel Sep 14 - Sep 21/dl + taxes & fees \$118

**Las Vegas**  
Travel Sep 14 - Sep 21/dl + taxes & fees \$124

**Vancouver**  
Travel Sep 7 - Sep 14/ac + taxes & fees \$170

**Hong Kong**  
Travel Sep 20 - Sep 28/dl + taxes & fees \$388

**Sydney**  
Travel Sep 3 - Sep 27/co/ua + taxes & fees \$719

### Vacations

**Paris Air + First 2 Nights**  
**\$275\***

Arcadie Montparnasse + taxes & fees \$485  
**INCLUDES** central accom. Departs Oct 11/swg/ts.  
**ADD** the city tour for \$28.

**Munich Air + First 2 Nights**  
Tryp Hotel Muenchen + taxes & fees \$708  
**INCLUDES** central accom. Departs Sep 13/ggv/ts.  
**ADD** hop-on, hop-off grand tour for \$29.

**Italy Air + First 2 Nights**  
Residence Candia + taxes & fees \$439  
**INCLUDES** central accom with kitchenette near the Vatican City. Departs Sep 27/vat/ts. **ADD** 4 days in 2 months Eurail Italy Saver Pass for \$206.

### 4 locations in Ottawa

**Flight Centre Bank St**  
100 Bank Street

**Flight Centre Bayshore Centre**  
100 Bayshore Dr

**Flight Centre Glebe**  
763 Bank Street

**Flight Centre Place D'Orleans Mall**  
110 Place D'Orleans Drive

### Canada

**Montreal 3 Nights**  
Hotel Travelodge Montreal + taxes & fees included  
**INCLUDES** accom near Old Montreal. Travel Oct 20, 27/ggv. **UPGRADE** to 4-star Hotel Le Cantile Suites for \$25 per night.

**Toronto 3 Nights 4-Star**  
The Westin Harbour Castle + taxes & fees included  
**INCLUDES** downtown waterfront accom. Travel Oct 16, 23, 30/ggv. **ADD** a Toronto tour from \$33.

**Mont Tremblant Thanksgiving Weekend**  
3-Nights 4-Star + Car + taxes & fees included  
Lodge de la Montagne  
**INCLUDES** accom in the heart of the village. Travel Oct 7/ggv.

**Niagara Falls Thanksgiving Weekend**  
3 Nights + Car + taxes & fees included  
Crown Plaza Niagara Falls  
**INCLUDES** accom across from Niagara Falls and 3-day economy car rental with unlimited mileage. Travel Oct 7/ggv. **UPGRADE** to 4-star Sheraton Fallsview for \$61 per night. **ADD** Maid of the Mist for \$27.

**St Andrews by-the-Sea**  
Air + 3 Nights 4-Star + Car + taxes & fees \$154  
Fairmont Algonquin  
**INCLUDES** roundtrip airfare to Moncton, historic seaside accom overlooking the Bay of Fundy and a 3-day economy car rental with unlimited mileage. **BONUS** American breakfast included. Departs Oct 17, 24/ggv/ws.

### Special Offer

**FREE<sup>‡</sup>**  
**7-Day Park n' Fly Pass**

Book an Air + Hotel package departing from Montreal and receive one week FREE<sup>‡</sup> parking at Park n' Fly.

### Cruises

**Bahamas 4-Night Cruise**  
**\$189**

Carnival Sensation + taxes & fees USD \$60  
**CRUISE** roundtrip Port Canaveral and visit Freeport and Nassau (overnight). Sails Nov 27/ccl.

### Western Caribbean

**7-Night Cruise** USD **\$349**  
Carnival Glory + taxes & fees USD \$98  
**CRUISE** roundtrip Miami and visit Cozumel, Belize City, Roatan and Grand Cayman. Sails Dec 11/ccl.

**Mediterranean 7-Night Cruise** **\$449**  
Norwegian Jade + taxes & fees \$92  
**CRUISE** Venice to Civitavecchia (Rome) and visit Koper, Split, Dubrovnik, Messina and Naples. Sails Oct 8/ncl.

**LOWEST AIRFARE GUARANTEE**  
We will beat any airline quote or your fly free!



1 866 827 2214



Join our Insider Club for hot deals. Text YOW to 131 600



flightcentre.ca



Visit us in store.

Conditions apply. Ex: Ottawa. \*Ex: Montreal Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. †Price is per person for quad occupancy (2 adults & 2 children ages 2-17). ‡One (1) Park n Fly voucher available per booking and while supplies last. Valid for travel before Dec 31, 2011. Booking must include roundtrip airfare departing YUL and minimum 4 nights accommodation. c6=canjet, wsv=westjet, pd=porter, us=us airways, dl=delta, aa=american, ggv=gogo, swg=swgwing, acv/ac=air canada, vat/ts=transat, thn=holiday network, nol=nolights. † We will beat any written quoted airfare by \$1 and give you a \$20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384



### Drink of the week

#### The Grey Goose Northern Starlet

This fruity cocktail, with its fresh canberry juice and spray of grapefruit, is fit for the stars as Canada gets ready to celebrate the Toronto International Film Festival.

- 45 ml Grey Goose Vodka
- 5 ml Cherry Marnier
- 25 ml organic Canadian cranberry juice
- 1 can (175 ml/6 oz) frozen orange juice concentrate
- 10 ml Passion fruit syrup
- 5 ml Freshly squeezed pink grapefruit juice

Combine all ingredients in cocktail shaker with ice. Shake; strain in coupe. Finish with spray of pink grapefruit zest and garnish with a whole star anise. **DIMI LEZINSKA, GLOBAL BRAND AMBASSADOR GREY GOOSE VODKA**

# The changing face of snacks

► Keep after-school treats interesting ► Try these recipes, which reinvent some classics



► The Peanut Butter and Jelly Cubes recipe makes 32 cubes. The Sweet Quesadillas serve four.



MATTHEW MEAD/ THE ASSOCIATED PRESS

#### Peanut Butter & Jelly Cubes Preparation:

- 1 Spray a 23-by-33-cm (9-by-13-inch) pan with cooking spray, then line with plastic wrap.
- 2 In bowl, combine 4 envelopes of gelatin with 250 ml (1 cup) of grape juice. Let sit 5 minutes.
- 3 In saucepan over medium-high heat, bring remaining 750 ml (3 cups) grape juice and 50 ml

(1/4 cup) honey to boil. Pour in bowl with gelatin; stir until dissolved. Pour mix into prepared pan and refrigerate until firm and set, 3 hours.

- 4 In small bowl, combine cool water with remaining 2 envelopes gelatin. Let sit for 5 minutes, then add boiling water. Stir until gelatin is dissolved. Set aside.

- 5 In bowl, use electric mixer to beat peanut

butter, cream cheese and remaining 50 ml (1/4 cup) honey until smooth. Slowly beat in gelatin mix. Pour and spread this mix over set jelly in pan. Refrigerate and allow to set up completely, about 3 hours.

- 6 Using plastic wrap to assist, remove gelatin from pan and peel off plastic. Cut into cubes.

#### Sweet Quesadillas Preparation:

- 1 In skillet over medium heat, melt butter. Add apples, sugar, cinnamon. Cook, stirring, until apples are tender, 3 mins. Transfer to a bowl.
- 2 Spread cream cheese over 4 tortillas. Divide apple mix. Top with remaining 4 tortillas.
- 3 In skillet over medium-high heat, toast each quesadilla, about 2 minutes per side. Serve.

THE ASSOCIATED PRESS

#### Shopping List:

##### Peanut Butter and Jelly Cubes

- 6 envelopes (each 7 g/1/4 oz) unflavoured gelatin, divided
- 1 l (4 cups) grape juice, divided
- 125 ml (1/2 cup) honey, divided
- 125 ml (1/2 cup) cool water
- 250 ml (1 cup) boiling water
- 250 ml (1 cup) peanut butter
- 1 pkg (250 g/8 oz) cream cheese, room temperature

##### Sweet Quesadillas

- 15 ml (1 tbsp) butter
- 2 Granny Smith apples, peeled, cored and sliced
- 30 ml (2 tbsp) packed brown sugar
- 5 ml (1 tsp) cinnamon
- 125 g (4 oz) cream cheese
- Eight 15-cm (6-inch) flour tortillas

Our Best Plan Ever

\$25 /mo

Back to School Plan

GUARANTEED RATE FOR LIFE.

Unlimited Data  
Unlimited Talk  
Unlimited Text  
Caller I.D.

mobility.ca

1-877-8MOBIL8

Taxes are extra. Limited time offer. Restrictions may apply on combining offers with other offers or promotions and only applicable to new activations. 'Guaranteed Rate for Life' means your \$25 plan shall remain \$25 for as long as your account remains active with Mobility. All features included in each plan must originate within a Mobility Unlimited Zone. Premium and special numbers are excluded. 'Unlimited Text' refers to text messages sent to Canada and the Continental US only. Terms and conditions apply. Subject to change without notice. © 2011 Mobility. 'Mobility', 'Now That's Smart', the Mobility designs and the Mobility logo are trademarks of Mobility. Other trademarks shown may be held by their respective owners. All rights reserved.

#### Mobility Stores

Lincoln Fields Mall  
1595 Merivale Rd, Unit 6  
168 Rideau St  
Bayshore Mall

173 Montreal Rd  
888 Meadowlands Dr East, Unit 8  
Hazeldean Mall  
2446 Bank Street, Unit 103

#### Authorized Dealers

Rocknet Telecom: 1020 St. Laurent Blvd, Unit 12  
Bullo Wireless: 1414 Walkley Rd  
IGO Cyber House Inc: 223 Bank St

Joe Mobile Tech: 780 Baseline Rd, Unit 22  
RB Computing: 235 Stafford Rd W, Unit 101



# 5 Things not to do your first week

► You're finally out of the house and settled in your dorm ► Make sure you avoid a few freshman faux-pas as you embark on this new chapter

Here is some advice on what not to do to make sure you have a good post secondary experience. Don't:

## Live online

Chatting online with high school friends or using Skype to see a familiar face from back home is all well and good, but don't overdo it.

Do your best to avoid the temptations of social networking sites like Facebook and make some real life memories.

## Be picky about plans

You might not find your best friends right away, but don't let that stop you from going out to find them.

It's important to get out and meet your classmates while everyone is still as new to campus as you, so even if you're not in love with the group — go!

## Keep your door closed

During the first week, keeping your dorm door open is an easy way to let hallmates come in and meet you.

## Buy out the bookstore

It's tempting to buy anything and everything with your school's name, but



► It's perfectly acceptable to adore your new digs, but don't get stuck in there all semester long.

it's not something you want to be known for.

There's always one overzealous frosh that students can count on to be decked out in college swag from head to toe on any

given day — don't let that be you.

## Wait to get a job on campus

Returning students know how important it is to lock down a job as soon as pos-

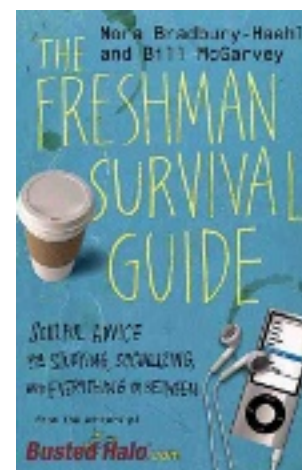
sible, mostly from learning the hard way their freshman year.

The best work-study gigs are limited and go fast, so don't put it off.

● METRO

## Figuring out the freshman

For their book *The Freshman Survival Guide*, authors Nora Bradbury-Haehl and Bill McGarvey of BustedHalo.com interviewed professors, administrators, campus ministers and students alike in order to give incoming freshmen a primer on practicalities they'll need to know their first year of college — and also to help them tackle the bigger questions. We went to McGarvey with some questions of our own.



## What's the biggest mistake freshmen make when they start college or university?

They assume that everybody is going to be trustworthy, and a few weeks or months into the semester, you might realize that person you befriended can be not really worthy of your trust. You spend 18 years getting to this point and you have friendships and networks with people that know you and who you are: Don't just chuck them out the window because you're in college and everything is exciting and new.

## Why did you choose to include matters of faith in your book? A lot of similar guidebooks don't.

That's kind of the reason why. There's a lot of books out there about getting into school and making yourself a success in college, but there was nothing in there that dealt with the whole student. These

books almost seem to assume that these students were a collection of brain cells and hormones. College kids are less religious but they're definitely getting more spiritual.

## What should every freshman know upon starting post-secondary school?

You're spending good money to get an education and there are enormous resources at your fingertips. You're gonna run into challenges, but there are places to turn and people that are there to help you.

## Can you expand on the book's web component?

I came from a web background, and I wanted to make sure that our book reflected the way younger students read and interact with the media now. Throughout the book there are chapters where you can go online and get special information or contribute. ● METRO

## French for Federal Government Employees

Are you a federal government employee or do you want to be one?

La Cité collégiale's Corporate Training Centre can help you attain your language training objectives.

### PFL2 Method

► September 20th to December 15th, 2011, Tuesdays and Thursdays or choose intensive Saturdays  
Beginner 1 | Beginner 2 | Intermediate 1 | Intermediate 2 | Advanced

### Preparation for SLE

► September 19th to December 19th, 2011, Mondays and Wednesdays or choose intensive Saturdays  
Level B – Oral | Level C – Oral

For information:  
Daniel Cardinal  
613 742-2483, extension 2763  
dcardi@lacitec.on.ca  
[www.lacitec.on.ca/web/lca/corporate-services/ffge.htm](http://www.lacitec.on.ca/web/lca/corporate-services/ffge.htm)

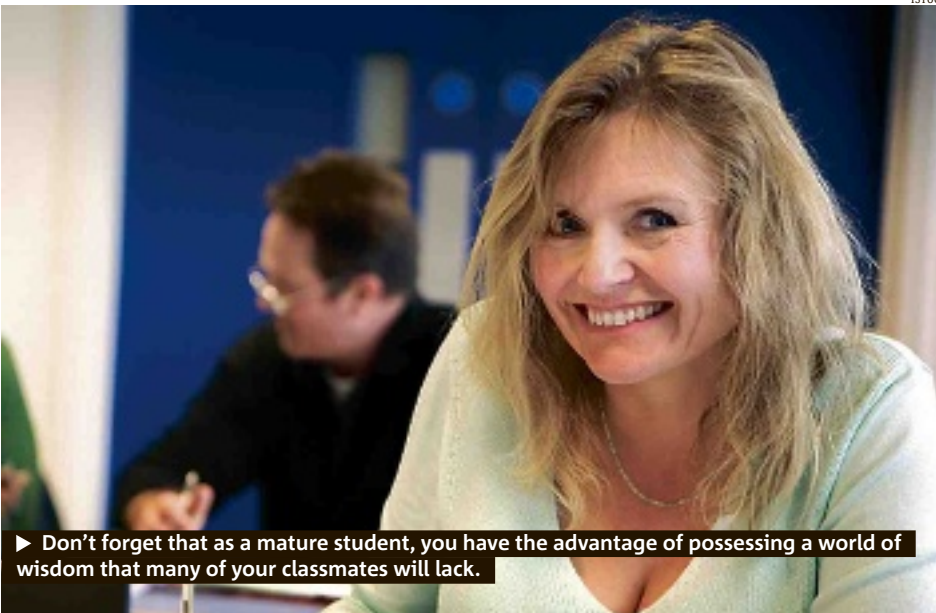


la cité collégiale  
Le Collège des meilleures pratiques



# The bold return

► Enter that classroom, once again, with confidence



► Don't forget that as a mature student, you have the advantage of possessing a world of wisdom that many of your classmates will lack.

It's been awhile since you've had to sit in classrooms and listen to professors prattle on. And frankly, you wonder how you'll keep up with lecture notes when you have other obligations like family or a part-time job. Not to worry. Here are some tips to help mature students survive that first year back at school:

**Be confident about who you are**

Don't compare your appearance, possessions, or status with other students. As a mature student, you may have better time management skills and more life experience than your peers. You also know the value of a good education and will work

hard to achieve it.

## Get organized

Invest in a daily planner to keep track of deadlines and assignments. Create a home workspace that is comfortable and free of

### Pass it on!

Your decision to further your education is a brave one:

- Be proud of yourself and consider helping a child in a developing country to get their education as well.
- You can visit [ccfcanda.ca](http://ccfcanda.ca) to see how you can provide opportunities to children in need.

clutter.

## Find a student mentor

Apply for a mentor through student services. Look for someone who is also a mature student and in a higher year than you. He or she can share first-year experiences, time management and study tips, and the scoop on professors to avoid.

## Befriend your classmates

Having friends to confide in will make your classes more enjoyable. If you don't connect with anyone in your class, join interest groups and associations on campus. Being passionate about an activity binds people together. **NEWS CANADA**

# THE WORST WORKERS

## WORKPLACE LAW

DANIEL LUBLIN  
DAN@CANADA  
EMPLOYMENTLAWYER.COM  
TWITTER: @DANLUBLIN



"The pen is mightier than the sword"  
- Edward Bulwer-Lytton

Too often employees ruin their own perfectly good cases. Mostly, these employees fail to pick their battles, especially with their own lawyers. Here are the various types of "losers" and the reasons why they just love to fail.

**The Penny Pincher** They want substantially more from a lawyer than what they are willing to pay for. They will invest more time searching for a free lawyer than had they just agreed to pay for a good one from

the outset. They will always argue over getting the last penny in any deal, which ironically will cost them more in the long run.

**The Know-it-All** They have a well strategized plan about how they will win their case. The problem is that they are often wrong and they are never willing to admit it. They will listen to their lawyers but as soon as they do not get the answer they want to hear, they will take a course of action that will inevitably make their case harder to settle.

**The Story-tellers** They tell fabulous stories about their cases, except that these stories are always far from the truth. They will convince themselves that they have a great case, worth many millions of dollars and that their employers will open their wallets to silence their claims. The problem is

that if their employers and even their own lawyers do not believe them, a judge almost never will.

**The Bully** They are so used to getting away with mischief that they can never foresee their behaviour catching up with them. However, when it eventually does (and it always does) the bully falls harder than anyone. They get little sympathy from ex-employers and even less from the judges.

**The Napoleon** This class of employee will fight for just about everything. They will challenge performance reviews, workplace policies, hiring decisions and most definitely they will challenge firing decisions. They will invest more time and energy in court than had they just moved on and found another job. However, they are great clients because I often see them more than once.

## GET CAREER READY IN LESS THAN ONE YEAR!



DIPLOMA PROGRAMS IN:

### BUSINESS

**Accounting and Payroll Administrator**

- 38 wk program
- Canadian Payroll Association (CPA) endorsed
- multiple accounting employment opportunities

### Paralegal

- Accredited by the Law Society of Upper Canada
- 44 wk program including 4 wk co-op work placement

### Travel Counsellor Online

- study on your time, from anywhere
- CITC endorsed

**ALGONQUIN CAREERS ACADEMY**

1830 Bank Street 613-722-7811 [www.algonquinacademy.com](http://www.algonquinacademy.com)

## FALL COURSES 2011

September 19 – December 17 for adults

September 19 – December 17 for young learners (13-17)

Registration: August 29 – September 16, 2011

Goethe-Institut Ottawa at SAINT-PAUL UNIVERSITY  
223 Main Street office/bureau 128 | 613-232-9000  
[german@ottawa.goethe.org](mailto:german@ottawa.goethe.org) | [www.goethe.de/ottawa](http://www.goethe.de/ottawa)



**GOETHE  
INSTITUT**

Sprache. Kultur. Deutschland.

German starts here.  
L'allemand commence ici.  
Deutsch beginnt hier.  
German starts here.

monster.ca



Who has time to stand in long lines waiting to speak to recruiters?

Skip the line. Go straight to the front!

Monster Virtual Career Fair, Sept. 12th-19th



[www.monstervirtualcareerfair.ca](http://www.monstervirtualcareerfair.ca)



# Want to know the real me? Start with my CV

## STUDENT VOICE

ALANNA GLASS  
TALENTEGG.CA

I have been plagued with the “I need experience but nobody will give it to me” curse for a long time.

Until one company is willing to take a chance on you and give you an entry-level position, the job or internship hunt can be tiresome. Trust me, I know.

That being said, as I ended my second year of university, I was finally able to land an internship. Fortunately for me, this small company did just what an employer should: they looked beyond the content of my resumé.

When I came in on my first day, they told me I had been selected based



▶ Alanna Glass emphasizes the importance of quality over quantity when it comes to the information a person presents on their resumé.

on the strong communication skills I had demonstrated in my application.

My relevant work experience had been reviewed but was not necessarily the top priority. They valued that I could commu-

nicate effectively and were willing to give me the experience I lacked.

In my opinion, employers should “read between the lines” of a resumé and try to recognize quality over quantity.

What does a student prove by having six short-term positions over one long-term position? As a student, does it benefit to be a member of six clubs or to be the president of one?

Employers seem to be so caught up in the length of a resumé that they neglect to read between the lines and see what’s really there. Through dedication to one position, a student is demonstrating commitment and perseverance.

The quality of your resumé is of paramount importance.

Whether one page or two, a resumé can be demonstrative of so much more than past work experience. For example, a resumé that is clean and well-organized is often received as a reflection of the person who wrote it.

Also, creative descriptions of skills and prior experience demonstrate impressive communication skills.

There’s no need to write “excellent communication skills” when it is evident in your writing and the construction of the resumé.

Take time to polish your resumé. It’s often the only piece of information that employers have about you, so you want to be sure that it’s giving the right impression.

**TALENTEGG.CA, CANADA’S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.**

### What I learned

Key take-aways from Alanna’s experience:

- ▶ Spend time enhancing your resumé for every job that you’re applying to
- ▶ Make sure your resumé demonstrates the transferable skills you acquired in your extra-curricular activities and past experiences
- ▶ Highlight your past successes and make your resumé stand out

Language Training



## Advance your Career – with Free Workplace Language Training

### Information Sessions

<b>HEALTHCARE</b>	Tuesday – September 6, 13, 20, 27
<b>BUSINESS</b>	Wednesday – September 7, 14, 21, 28
<b>TECHNOLOGY</b>	Thursday – September 8, 15, 22, 29

Please bring a copy of your resume

Algonquin College offers FREE Occupation-specific Language Training (OSLT) for newcomers who are permanent residents or protected persons with English proficiency at the Canadian Language Benchmark (CLB) 6 to 8 levels.

Contact us today to attend an information session!  
Call the Language Institute at 613-727-4723 ext. 5700,  
or visit in person, room B442.



Occupation-specific  
Language Training

Funded by:



Citizenship and  
Immigration Canada

Financé par:



Citoyenneté et  
Immigration Canada



Canada’s largest and fastest growing retail chain is  
hiring for our upcoming new location: Elgin Street

## HIRING FOR A NEW LOCATION

### MANAGERS ASSISTANT MANAGERS KEYHOLDERS ASSOCIATES

We are looking for energetic, enthusiastic and team-oriented individuals who enjoy working in a fast paced retail environment.

Benefits include:

- Flexible schedule
- Competitive wages
- Career opportunities

Fax resume to: **613-761-6790**  
e-mail: **DM80@dollarama.com**  
**JOIN A WINNING TEAM!**



metro

metronews.ca  
WEDNESDAY, SEPTEMBER 7, 2011

Metro 101:

**FROSH  
GUIDE**

**INSIDE:** 🎯 Healthy recipes, how to manage your budget, concert listings, dorm decor tips and much more!



**REGISTRATION: ONLINE ONLY**  
[www.ottawasportplus.com](http://www.ottawasportplus.com)

For more information:  
 613-220-2266

## **Adult Co-Ed Volleyball & Dodgeball Leagues**

### **RECREATIONAL TO COMPETITIVE LEVELS**

LEAGUES START LATE SEPTEMBER 2011 AND RUN THROUGH TO APRIL 2012  
 CHOOSE FROM MONDAY TO THURSDAY NIGHT PLAY  
 JOIN AS A TEAM OR INDIVIDUAL







**Town Shoes** 3rd Level



**Magpie Jewellery** 2nd Level

## OPENING SOON!

Forever 21, 1st Level  
 Judith & Charles, 2nd Level  
 Bose, 3rd Level  
 Pandora, 2nd Level  
 Aeropostale, 3rd Level



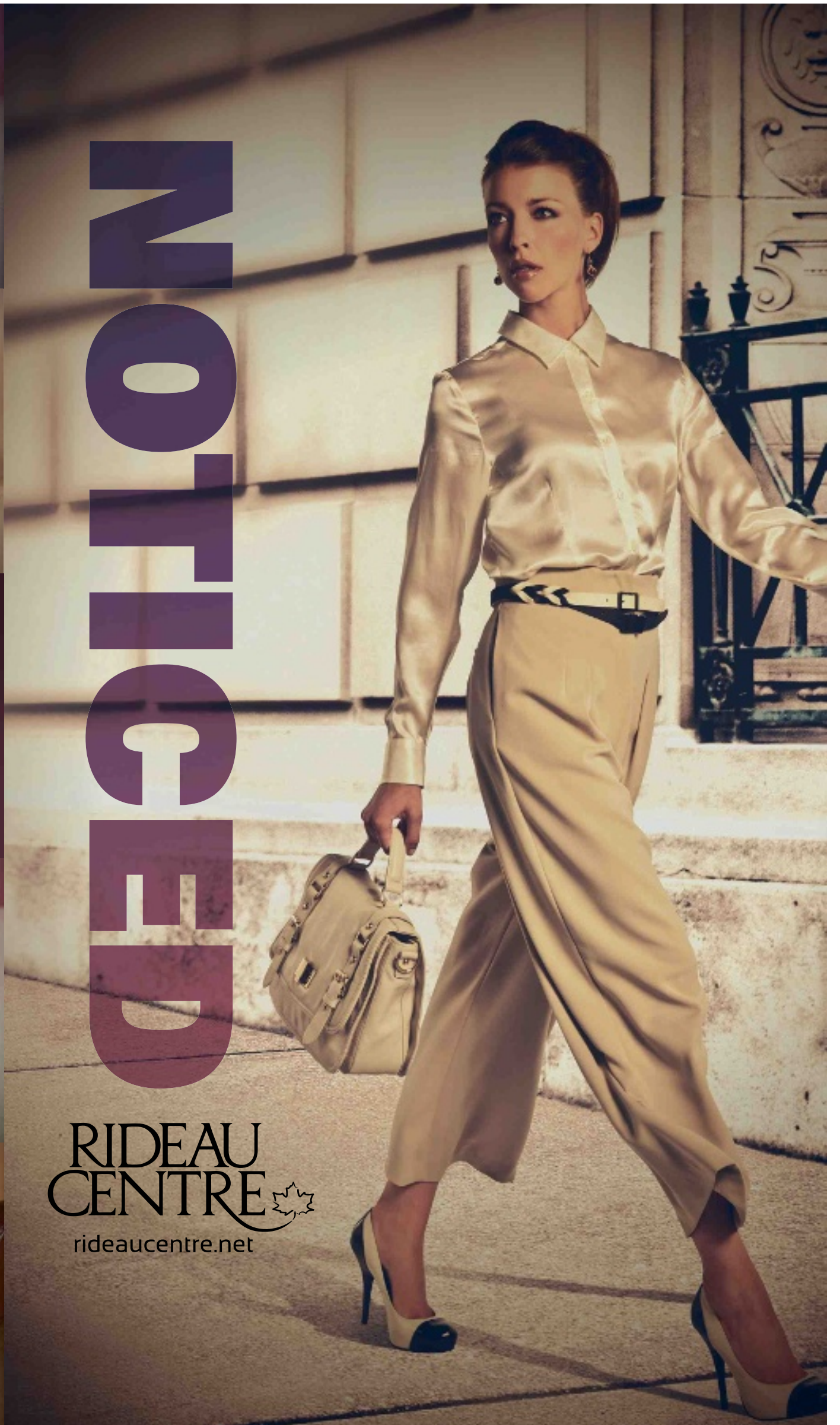
**Nine West** 3rd Level



**Sunglass Hut** 2nd Level

# NOTICE

**RIDEAU  
CENTRE**  
 rideaucentre.net





# It's a whole new life away from home

► Learn to be your own boss ► Set limits; nobody is going to cover up for your mistakes ► Have fun within reason



PAULINE  
ANDERSON  
FOR METRO

You're away at university with no parents around to set a curfew and no teachers to check on you when you miss a class. How much better can it get? Let the party begin.

But wait — if you're not careful, you will burn out by the end of first term. Or at least run out of money.

Listen to Obed. He's been there. Now in his fourth year in political science (with a minor in philosophy) and president of the Carleton University Students' Association, Obed went through just about all his savings within a few months of first-year classes, thanks to too much partying.

Connor Benson, who is studying small and medi-



► Obed



► Connor Benson

um enterprise management at Algonquin College, also learned the hard way what not to do the first year of college.

Here are some of their tips:

► Budget, budget, budget. Some students don't have a clue what things cost. Write down what money you have and what comes in on a regular basis. Set aside what you need for rent, food and other necessities. ► Limit what you shell out on entertainment. This is an area that can easily get out of hand. Going to con-



► Expect to read more books, journals, and related materials at university or college than you did when you were in high school.

certs and bars can quickly destroy that new budget.

► Don't procrastinate. Do assignments as soon as you get them; otherwise, they will pile up and before you know it, you will be

swamped and stressed — a recipe for academic failure.

► Adapt to the different workload. In high school, you may have gotten away with just leafing through the course textbook, but at

university, there's a lot more emphasis on research, so expect to read more books, journals, and related materials. This can be taxing and time-consuming.

► Don't skip classes. You

could be missing important lessons and catching up can be tricky.

► Have a daily study period. Set aside a certain block of time each day to devote to schoolwork. You will be thankful for the preparation at exam time.

► Make at least one friend who is academically inclined. You need someone who won't drag you away to parties when you have an essay due.

► Join (or start) a study group. Learning is easier when you do it as a team so you can pool your knowledge. There is always someone who takes copious notes in class; spend time with that person.

► Remember why you are there. You are in school to learn and someone (probably your parents) has likely made sacrifices for you to be there, so don't blow it.

## SURPLUS WAREHOUSE

NEW AND USED  
OFFICE FURNITURE



EVERYTHING  
YOU NEED  
FOR BACK TO  
SCHOOL!

STUDENTS:  
TAXES INCLUDED  
ON ALL USED  
FURNITURE!

DESKS • CHAIRS • FILING CABINETS • BOOKCASES  
STORAGE CABINETS • TABLES • STEEL SHELVING  
COMPUTER TABLES • WORKSTATIONS • RACKING  
WHITEBOARDS • EGAN VISUALS • HUTCHES  
LOCKERS AND MORE!

613.247.4000 • 716 INDUSTRIAL AVE., OTTAWA  
WWW.SURPLUSFURNITURE.CA

Flying Tomato

lovelygirl

ONLY

gentle wolf

orb

lady dutch

VERO MODA

BLEND

KWAY

paper planes

Red Berry

D&Y

234 Dalhousie Street  
613-789-6455  
facebook.com/milkshopottawa



## Learn about the H&R Block Tax Training School.

Come to our open house.

### Learn tax preparation from H&R Block

You could go on to use your skills to earn extra income as a tax professional.\* The H&R Block Tax Training School is designed for busy people with jobs, school, and family commitments. People like you.

We look forward to seeing you at our open house.

Date: Tuesday, September 13th

Time: 2:00pm - 8:00pm

Location: 1867 Carling Ave. and 1025 St. Laurent Blvd.

Phone: 613-728-9735, ext. 262 and 613-745-1432



H&R BLOCK®

\*Enrolment restrictions may apply. Enrolment in, or completion of, the H&R Block Tax Training School is neither an offer nor a guarantee of employment. This course is not intended for, nor open to any persons who are either currently employed by or seeking employment with any professional tax preparation company or organization other than H&R Block. © 2010 H&R Block Canada, Inc.



► Always completely log out of public computers, especially in high-frequency areas.

## Don't get trapped in Net

### ► Protect your online privacy with these helpful tips

Coming across an unflattering photo of yourself on a friend's Facebook or Flickr account during orientation week can be embarrassing for any student.

Prof. Greg Elmer, a cyber privacy expert and director of Ryerson University's Infospace Research Lab/Centre for the Study of Social Media, offers helpful tips on how students can protect their online privacy — and keep those unsavoury pics from going viral.

**1** Begin with the assumption that nothing is private on the web. Regardless of privacy safeguards, it is nearly impossible to control your personal information on the web. Once it's out there, it's out there for good.

**2** Always completely log out of public computers, especially those in li-

braries and other high-frequency areas like university computer labs. You don't want the next user to come along and read through your email inbox. Don't save any passwords on public computers either.

**3** Read the privacy terms on websites. While this may seem obvious, studies show that very few users actually take the time to read the privacy policies of sites they use on a routine basis.

**4** Check your privacy preferences and choose the settings that reflect your needs and comfort level. Begin with the highest level of privacy and adjust accordingly. Recheck privacy preferences and settings — they often change with little or no notice.

**5** Don't click on any links that come from individuals you do not

know via email, Twitter or any other website. This is the easiest way for hackers to surreptitiously store information on your hard drive.

**6** Routinely search Google, Facebook and other sites to ensure there are no unflattering pictures or blog posts of you on the Internet. You may have no control over someone else posting a picture of you late at night, but you can track these pictures and establish some privacy settings to ensure they are not spread across the web.

**7** This is a no-brainer: don't share your passwords with anyone. Don't forget to periodically change your passwords.

**8** This may strike some as anti-social, but only accept "friends" on social networking sites that you know or have recently met. **RYERSON UNIVERSITY**

**SCAN ME!**

*Scottie's spot*  
For all your smoking needs!

PIPES, SCALES, BONGS, MAGAZINES,  
HOOKAHS, BOOKS, ROLLING PAPERS,  
SEEDS AND MUCH MORE!!!

**HAPPY SHAMAN HERBS \$10.97**  
**SPICE, K2, FUSION HERBS**

**256 BANK ST. 2ND FLOOR**  
**613-231-3111 • WWW.SCOTTIESPOT.CA**

\*\*\* SOME CONDITIONS APPLY. SEE STORE FOR DETAILS \*\*\*

**LOOK GREAT! LOSE WEIGHT! FEEL AMAZING!**

**bikram yoga ottawa**

**The Original Hot Yoga**

71 Bank Street, 3rd floor • 613-233-9642  
www.bikramottawa.com

**HOT SAVINGS**  
7 Day Intro Special  
Unlimited Yoga  
**\$20 + HST**  
(ONE TIME ONLY)





ISTOCKPHOTO/THINKSTOCK

# Budget basics

dents, budgeting their finances can be tricky, especially establishing the difference between needs and wants.

Needs are essentials, such as food, shelter, clothing and tuition. Wants are the extras, like trips to the bar or a big-screen TV.

If students are having a hard time sticking to their budget, they should look at ways they can cut back on expenses, such as by having roommates.

"That's a great way to save money," says Peter Wilson, the associate director of scholarships and bursaries at York University in Toronto.

Not only will students be able to split the cost of rent, they can also share the cost for utilities and things like Internet or cable service.

Other ways of cutting expenses include not buying brand name foods at the grocery store, taking public transit (rather than driving) and simplifying one's cellphone plan.

For students who require student loans, it's a

## Local tweets



We asked you to tell us where you can find cheap meals and meet people.

## BEST MEAL UNDER \$10

- ▶ @wwwbikerider: best meal under 10 bucks? In your own kitchen ... learn to cook
- ▶ @Pumpembrun: Barbarella's ... on Queen #Ottawa
- ▶ @Sara\_Jefferson: shawarma palace on rideau

## PLACE TO MEET PEOPLE

- ▶ @Beyond\_Events: @ottawaevents for sure!
- ▶ @hellotayleigh: @CentretownNews, for students (and other ctown residents), by students!

## ► Differentiate between needs and wants ► Look at ways to cut expenses



**RICHARD WOODBURY**  
FOR METRO

Be wary of the plastic. And by plastic, we mean credit cards. "Oftentimes, those \$1,000 credit cards are what

end up hurting down the road," says Marla Douglas, a financial aid and awards officer at Saint Mary's University in Halifax.

With many credit card companies setting up booths at universities and

colleges to offer students credit cards, students must realize that how they use credit cards affects their credit rating, which will impact everything from their ability to buy a car or home down the road.

With high annual interest rates of approximately 20 per cent, if students don't stay on top of their credit card payments, the debt amounts can add up pretty quickly.

For most university stu-

good idea that once their tuition is paid, they take any leftover money and put it into a separate bank account from their day-to-day one. This should also help prevent students from using that money to buy unnecessary things.

10DEEP | ADIDAS | ALIFE | BRIXTON | CHEAP MONDAY | CLAE | CROOKS & CASTLES | FRED PERRY | FRESHUVE | GODOOD NYC | G SHOCK | HUNDREDS | HUF | INSIGHT | JORDAN | KEEP | KRINK | LIFETIME | LRG | MISHKA | MITCHELL & NISS | MONTANA PAINT | NAKED & FAMOUS | NIKE | OBEY | ORISUE | PENFIELD | PLAY CLOTHS | RED WING | SEBAGO | STUSSY | SUPER | SUPRA | TOWNS | UNDEFEATED | URANIUM | VANS | WESC

184 RIDEAU ST | NRML.CA



# Sex, drugs and laundry

## ► What parents should tell their kids before they leave for school

When kids are old enough to understand, parents have The Talk, about birds and bees and how — poof — babies are born when two people love each other.

When it's time for kids to head off to college or university, The Talk II may go something like this: DON'T HAVE UNPROTECTED SEX!

Untethering your teens for college often includes rapid-fire declarations on birth control, drug use, date rape and binge drinking. Squeezed out of the conversation may be equally important topics that don't bubble to the surface until after the start of their first year.

That could mean, for

kids who have turned 18, an explanation of waivers they must sign ahead of time if they want to grant parents a say in their health care or allow them to see their grades.

It could mean advice on dealing with roommates after a lifetime of space to themselves, or even making sure they know how to set an alarm so they can wake themselves up.

Don't bombard your frosh-to-be with too much information at the last minute.

"The important thing is to start a healthy discussion early," said Houston Dougharty, vice-president of student affairs at Grinnell College in Iowa.



► When students go away to school for the first time, it's also an important time for parents to guide their children.

Long Island, N.Y., mom Eileen Masciale, whose 18-year-old daughter attends a state university in the U.S. mid-Atlantic region, said she wished she had gone over how to cope with social issues beforehand rather than concentrate as she did on academics and mundane logistics like laundry, especially in light

of the suicide of a local teenager last year whom her daughter knew.

"My daughter has friends in her dorm, but it's been a challenge finding her 'core group,' as she calls it," Masciale said.

"I didn't know how she was handling things, but she reached out to all her other friends at different

colleges and got a lot of support. Things are falling into place now."

Dougharty said it's often surprising how little new students can do for themselves.

"Every year I know of first-year students who wake up in the morning at college when their mom calls," he said. "They've

never set an alarm, prepared their own meal and because they're bright kids they've, in essence, gotten through high school on their wits without having to be that organized," he said.

"They haven't had to use the tools that they then need to be fully independent." **THE ASSOCIATED PRESS**



**Ottawa Chinese Community Service Centre (OCCSC)**

- Several LINC locations (Central, Barrhaven and Kanata)
- Small Classes

## Free English Classes!



## Language Instruction for Newcomers to Canada (LINC)

**Part-time with flexible schedules; LINC 1-6**

### Eligibility:

- Age 18 and older
- Permanent Residents or Convention Refugees
- Ontario Residents

**Call for more information:**  
613-235-4875 ext.126/128

**Address:**  
381 Kent St. Suite 208, Ottawa

### In LINC classes at OCCSC, you will learn about:

- Post-secondary education and employment preparation
- Daily life
- Canadian culture, and many other topics of interest to newcomers

Free childminding (19 months to 6 years old)

### Funded by:



Citizenship and Immigration Canada

Citoyenneté et Immigration Canada

## GUITAR STRING SALE

**50% OFF**

ALL IN-STOCK GUITAR STRINGS

**25% OFF**

ALL IN-STOCK BASS STRINGS

**EVERYTHING YOU NEED TO PLAY LIKE A GREAT!**

HURRY, SALE ENDS SEPT 11TH

**St. John's Music**  
1541 Merivale Road (Grace O'Malley's Mall)  
613-722-1021 • stjohmsmusic.com





MUDHONEY

WITH THE BIGMUFFS

FRI SEPTEMBER 9

MAVERICKS 19+

SAID THE WHALE

RAH RAH  
SARA LOWES

WED SEPTEMBER 14

LIVE LIVE LOUNGE 19+

THE PLANET SMASHERS

THE REAL MCKENZIES RANDOM HANG  
ROCK CITY RIOT

THU SEPTEMBER 15

RITUAL 16+

DODOS

WITH THE LUYAS

SAT SEPTEMBER 17

MAVERICKS 19+

BAYSIDE

WITH TRANSIT

WED SEPTEMBER 21

MAVERICKS AA/19+

ANDREW W.K.  
AND MORE

THU SEPTEMBER 22

MAVERICKS 19+

Stephen Malkmus  
and the Jicks  
WITH HOLY SONS

THU SEPTEMBER 22

RITUAL 19+

WHITEHORSE

IMELISSA McQUELLAND & LUKE BLOOMER

FRI SEPTEMBER 23

MAVERICKS 19+

PROTEST THE HERO

AND GUESTS

THU SEPTEMBER 29

RITUAL 16+

PS I LOVE YOU

SUUNS VALLEYS

WED OCTOBER 5

MAVERICKS 19+

OHBIJOU

AND GUESTS

THU OCTOBER 6

RITUAL 19+

RA RA RIOT

DINOSAUR BONES  
AND GUESTS

FRI OCTOBER 7

MAVERICKS 19+

NAPALM DEATH

FUCK THE FACTS • MORTOR  
DEFORMATORY

SUN OCTOBER 9

MAVERICKS AA/19+

DAN MANGAN

ON FORTUNE TOUR  
AND GUESTS

FRI OCTOBER 14

BRONSON CENTRE AA

BRAIDS

PEPPER RABBIT  
BORN GOLD

SAT OCTOBER 15

BABYLON 19+

boyce avenue

AND GUESTS

MON OCTOBER 17

BRONSON CENTRE AA

AGNOSTIC FRONT

WITH The Mongoloids  
MY LIFE MY WAY 2011 TOUR

MON OCTOBER 17

MAVERICKS AA/19+

ELLIOTT BROOD

AND GUESTS

FRI OCTOBER 21

MAVERICKS 19+

MATTHEW GOOD

WITH SPECIAL GUESTS

FRIDAY,  
OCTOBER 28

NATIONAL ARTS CENTRE  
SOUTHAM HALL

FRANK TURNER  
& THE SLEEPING SOULS

INTO IT, OVER IT.

SUN OCTOBER 30

MAVERICKS 19+

YU BLONDE

AND GUESTS

WED NOVEMBER 2

RITUAL 19+

SUKTIDE SILENCE

STRUCTURES THE VR

WED NOVEMBER 16

RITUAL 16+

HEY ROSETTA!

Yer Fall Tour  
The Jezabels  
Dan & Alberto

FRI NOVEMBER 25

LIVE BRONSON CENTRE AA

FUBAR

DEANER GOES ON TOUR!

FRI DECEMBER 2

RITUAL 19+

FEIST

ON SALE NOW

DECEMBER 5

NATIONAL ARTS  
CENTRE

09/16 - KOFFIN KATS, BEER BARONS @ CAFE DEKCUF • 09/17 - PUNK OTTAWA FLEA MARKET @ BRONSON CENTRE • 09/30 - SANDMAN VIPER COMMAND, PAINT MOVEMENT @ CAFE DEKCUF • 10/09 - COBRA SKULLS, NOTHINGTON @ CAFE DEKCUF • 10/14 - D.O.A. @ MAVERICKS • 10/16 - THE FLATLINERS, LIVING WITH LIONS @ MAVERICKS • 10/16 - THE PACK A.D. @ CAFE DEKCUF • 10/26 - KEVIN DEVINE @ MAVERICKS • 10/26 - OBITS @ BABYLON • 10/27 - CHAD VANGAALAN @ RITUAL • 10/28 - THIS IS A STANDOFF @ MAVERICKS • 10/31 - HALLOWEEN HARDCORE @ MAVERICKS • 11/11 - TRAMPLED BY TURTLES @ MAVERICKS • 12/03 - AUSTRA @ RITUAL

FOLLOW SPECTRASONIC ON [twitter](#) AND [facebook](#) WWW.SPECTRASONIC.COM FOR A FULL LIST OF SHOWS

ALL DATES, ACTS, VENUES & TICKET PRICES SUBJECT TO CHANGE WITHOUT NOTICE • A SERVICE CHARGE IS ADDED TO EACH TICKET • AA = ALL AGES • 19+ = LICENSED, PHOTO I.D. REQUIRED  
TICKETS AVAILABLE @ VERTIGO (193 RIDEAU), OTTAWA FOLKLORE CENTRE (1111 BANK), RECORD SHAAP (209 GILMOUR), ALL [ticketmaster](#) OUTLETS, WWW.TICKETMASTER.CA OR BY PHONE AT 855-985-5000





COURTESY GRETA PODLESKI

### Miss American Thigh

These gooey, saucy, baked chicken thighs are a favourite.

#### Ingredients:

- ½ cup grape jelly
- ½ cup ketchup
- ½ cup minced onions
- 2 tbsp white vinegar
- 1 tsp dry mustard powder
- 12 bone-in chicken thighs, skin removed (about 3 lbs/1.4 kg)

#### Preparation:

**1** In a small saucepan, stir together grape jelly, ketchup, onions, vinegar and mustard powder. Cook over medium-high heat until mixture comes to a boil and jelly is melted. Remove from heat.

**2** Arrange chicken pieces in a 13x9-inch baking dish. Pour sauce evenly over chicken and turn pieces to coat both sides. Bake at 400 F for about 40 minutes, until chicken is very tender. Serve hot.

Makes 6 servings



University and college students gain a great deal of freedom in their first year — and some also gain a great deal of weight. The famous “Frosh 15” is a familiar foe and can be avoided with a little effort.

Greta Podleski, who, with her sister Janet, is the food lover behind the Eat, Shrink and Be Merry TV series and book, says the problem is most 18- and 19-year-olds simply don’t know how to cook.

“Or they believe that putting Kraft Easy Mac in the microwave is cooking,” she jokes. “Eating healthfully when you have no idea how to cook is a challenge.”

Price shock when you start paying for your own

groceries can also make “cheap” meals at fast food restaurants seem more affordable.

“I’m sure the extra partying and drinking might have something to do with the weight gain, too,” she teases.

Podleski advises learning how to cook five basic meals before you leave home.

“They don’t have to be gourmet, but I’m not talking about spreading peanut butter on toast, either.”

For example, instead of ordering pizza, buy a whole-grain pre-made pizza crust and add your own toppings: Chicken, sliced mushrooms, peppers, tomatoes — whatever you fancy. Use partly skimmed cheese and a jar of pizza or pasta sauce and you have

an easy health upgrade from delivered or frozen pizza.

A pasta meal can be just noodles and bottled sauce, but you can improve it by adding lean ground beef, chicken or meat substitute, along with chopped vegetables. “Look for the high-fibre white pastas if you can’t handle whole grain,” she says.

For breakfast, buy some whey protein powder and a blender to make breakfast smoothies. Add some frozen fruit and water and you are good to go.

“To add some good fats, throw in a tablespoon of ground flax or chia seed,” she says.

**THE PODLESKIS’ NEW COOKBOOK, THE LOONEYSPOONS COLLECTION, WILL BE RELEASED THIS FALL. COPIES CAN BE PRE-ORDERED AT INDIGO.CA.**



## CLOTHING | OUTERWEAR | FOOTWEAR | HATS | GLOVES | COOL STUFF

We carry these brand names...

**BIRKENSTOCK**

*Blundstone*  
Footwear

**Columbia**

**THE NORTH FACE**

**LOLE**

*Smartwool*

**Carhartt**

**MEPHISTO**

**MERRELL**

**SPERRY TOP-SIDER**

*The Australian Outback Collection*

**Royal Robbins**

**GUINNESS**

**BOULET**

**Tilley**

**xootr**  
URBAN TRANSPORT

**KÜHL**

**SOREL**

**SLAP WATCHES**

**GIBBON JIMLINE**

**GoPro**

**Apple saddlery**

Since 1972

1875 Innes Rd. • 613-744-4040  
applesaddlery.com



**Canada's Largest Birkenstock Selection!**

Canada's Great Wall of Birkenstocks • 1,000's of Pairs In Stock



## Smackaroni and Cheese

### Ingredients:

- 1 tbsp butter
- ½ cup minced onions
- 4 oz (113 g) turkey bacon, chopped (about 7 slices)
- 1 cup finely chopped shiitake mushrooms
- ½ cup frozen sweet green peas
- 1 can (14 oz/380 mL) 2% evaporated milk
- 2 tbsp all-purpose flour
- ½ tsp dry mustard powder
- 1 cup packed shredded light old (sharp) cheddar cheese (4 oz/120 g)
- 1 cup packed shredded 4-cheese blend (4 oz/120 g; see tip)
- Freshly ground black pepper
- 2 cups uncooked whole wheat macaroni

### Preparation:

**1** You will need a deep, 10-inch, oven-safe non-stick skillet. Melt butter in skillet



COURTESY GRETA PODLESKI

over medium-low heat. Add onions and chopped bacon. Cook slowly, stirring often, until bacon is lightly browned and onions are golden. This will take a good 10 minutes. (You may want to get the macaroni cooking at this time.)

**2** Add mushrooms to skillet and cook until tender. Stir in peas until heated through.

**3** Preheat broiler. In a large measuring cup or medium bowl, whisk together evaporated milk, flour and dry mustard. Add to bacon and veggies in skillet. Cook and stir until sauce is bubbly and has thickened.

**4** Remove from heat and stir in three-quarters of the cheddar and three-quarters of the 4-cheese blend. Stir until cheeses are melted. Add pepper. Add well-drained macaroni and mix until well-coated with sauce. Sprinkle remaining cheddar and remaining 4-cheese blend over top. Place skillet under broiler until cheeses are melted and lightly browned. Makes 6 servings

**Recipe Tip:** The cheese blend we prefer is a combination of provolone, asiago, parmesan and fontina cheese. It's sold in a plastic tub where the specialty cheeses are found at your grocery store.



SHOP TASTE LIVE  
MAGASINEZ GOUTEZ VIVEZ



EXPERIENCE THE BYWARD MARKET  
L'EXPÉRIENCE DU MARCHÉ BY

byward-market.com | marche-by.com  
613-562-3325

## VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty sleeping	<input type="checkbox"/>	<input type="checkbox"/>
I am feeling low in energy and slowed down	<input type="checkbox"/>	<input type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input type="checkbox"/>
I am experiencing feelings of guilt	<input type="checkbox"/>	<input type="checkbox"/>
I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input type="checkbox"/>
I feel tense and anxious	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty making decisions	<input type="checkbox"/>	<input type="checkbox"/>
I am having trouble concentrating	<input type="checkbox"/>	<input type="checkbox"/>



**Ottawa Psychopharmacology Clinic**  
**Smyth Medical Centre**

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

**(613) 737-5454 ext. 225**

All information is kept in strictest confidence.  
Research programs are reviewed by an ethics review board.

## FRENCH, ENGLISH as a SECOND LANGUAGE

### PART TIME

12 weeks (36 hours in class and 36 hours online)

**FRENCH AS A SECOND LANGUAGE (9 LEVELS)**  
**September 26 to December 17, 2011**

**Evenings:** 6 pm to 9 pm (9 Levels)

**Saturdays:** 9am to noon (6 Levels)

**ENGLISH AS A SECOND LANGUAGE (5 LEVELS)**  
**September 26 to December 17, 2011**

### FULL TIME

4 weeks (60 hours in class and 60 hours online)

**FRENCH AS A SECOND LANGUAGE (4 Levels)**  
**September 12 to October 7, 2011**

Level 1 and 3 – 9 am to noon;  
Level 2 and 4 – 12:30 pm to 3:30 pm;  
Level 5 and 6 - please check our website

**October 17 to November 11, 2011**

Level 1 and 3 – 12:30 pm to 3:30 pm;  
Level 2 and 4 – 9 am to noon;  
Level 5 and 6 - please check our website

**FEES: \$30.00**

(Immigrants, new Canadians, Refugees whose language is neither English nor French)

**Éducation Permanente**  
181 Donald St., Ottawa  
Tel. 613-741-2304 ext. 3  
Fax 613-741-2191



[www.educationpermanente.ca](http://www.educationpermanente.ca)



# Make the most out of campus life

► Even though some students may face a lengthy commute, it's worth the effort to explore extracurricular activities

Bowen Tang admits that he eventually grew weary of the repetitive offerings on the cafeteria menu in his first year of university, but he truly savoured having his own room and getting to know fellow dorm dwellers.

But after one year living on campus at the University of British Columbia, he felt he couldn't justify the high financial costs of remaining in residence for the long haul.

He was content to pack up and move back with his parents in Burnaby, an hour away from school.

What was once a five-minute walk from residence stretched into a much longer journey to classes beginning in second year.

"It was very hard for me to keep motivating myself to stay in the evenings and do some extracurricular activities," recalled Tang.

"I know that if I'm done at 6 p.m. and start to leave campus it will take me to 7 p.m. (until I'm) at home, and I felt that one hour time was wasted."

He is among the legions of students who will be living at their parents' homes when classes begin in September, facing sometimes lengthy round-trip commutes to attend



► Bowen Tang is seen near a bus stop at UBC in Vancouver. Living at home during university: Do students at commuter campuses feel less connected to their schools? Make the most of post-secondary life without the dorm and/or out-of-town experience.

college or university.

Coupled with the demands of coursework and outside commitments, some may feel squeezed for time to balance it all, much less to stick around campus when classes are wrapped.

Tang decided it was worth the effort.

"The more I start to realize the advantage of being

involved, the more motivated I am to start staying late on campus," said the 20-year-old, who is completing a dual degree in science and education.

Tang said those unsure of what extracurricular activities or groups to pursue should tap into their passions, which may help provide the motivation needed to enjoy life be-

yond lecture halls and labs.

"I understand the difficulty of travelling from campus to home," he said.

"But at the same time ... it's really up to you to take advantage of your on-campus experience by realizing how valuable and how worth it it will be for you."

Carli Yim requires approximately three hours for her round-trip com-

mute from Markham, Ont., northeast of Toronto, to attend Ryerson University, where she is heading into her fourth year. The radio and television arts student typically walks 15 minutes to catch a bus, followed by a subway ride to the downtown campus.

Yim always knew she would be commuting, and said part of the reason she

remained in town for school was to not have to place a financial burden on her mother, who is a single parent.

But she still recalled initially feeling envious of many of her volleyball teammates who lived in residence first year.

"We'd have really late practices until about 10 p.m. and they'd be able to walk home across the street," she said following a recent pre-orientation workshop at Ryerson. "I'd still have to go commute and get home closer to 12 and sleep and wake up in a couple of hours to come back downtown."

The 21-year-old didn't know if she wanted to play volleyball at all at university given the time commitment involved, but decided she wanted to make the most of her on-campus experience.

Whether shy and reserved or more outgoing, Yim said all students should feel encouraged and open to immersing themselves in new experiences.

Even if individuals don't sign up for a formal group, they may want to head out to a poetry night or athletic game, if even just as a spectator, Yim noted.

THE CANADIAN PRESS

## wallack's BACK TO SCHOOL

YOUR CREATIVE SOURCE!

Supplying creativity since 1939

[www.wallacks.com](http://www.wallacks.com)

# Sale

[facebook.com/wallacks](https://facebook.com/wallacks)

[twitter.com/wallacksart](https://twitter.com/wallacksart)

<b>OTTAWA DOWNTOWN</b> 231 BANK ST. (613) 234-1800	<b>OTTAWA NEPEAN</b> 3657 RICHMOND (613) 596-1001	<b>OTTAWA ORLEANS</b> 2012 TENTH LINE (613) 830-2400	<b>HULL QUEBEC</b> 273 ST-JOSEPH BLVD. (819) 771-2942	<b>GATINEAU QUEBEC</b> 325 GREER BLVD. (613) 246-6565	<b>KINGSTON ONTARIO</b> 290 PRINCESS ST. (613) 549-5806
--	---	--	---	---	---

Sale ends October 3rd 2011 or while quantities last.  
 Actual hours may vary slightly from illustrations. Not responsible for typographic errors.



# GET THE CAREER YOU WANT! CLASSES STARTING SOON

## Paralegal *Part time evening program now available!*

### Program Objective

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada**.

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

### Legal subject matter covered includes:

- Canadian Legal System
- Legal Research
- Evidence and the Litigation Process
- Torts and Contracts
- Employment Law
- Criminal Summary Conviction Procedure
- Provincial Offences/ Motor Vehicle Law
- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility



## Pharmacy Technician

### Program Objective

The *Health Systems Improvement Act, 2007* enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**.

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

### Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
- Pharmacy Software
- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy

**COME SEE OUR  
NEW LOCATION!**  
**1830 Bank Street, at the corner  
of Bank and Walkley**

## Personal Support Worker

*Evening program now available!*

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 27 week program includes 11 weeks of clinical placement.

## Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical or dental office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

## Fitness & Health Promotion

**NEW  
program**

This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 40 week program including a 3 week co-op placement.

**CALL TODAY**  
**Classes Starting Monthly!**  
**613-722-7811**

## Accounting and Payroll Administrator

The objective of this program is to train you in the practices of financial accounting and payroll in Canada.

This program focuses on three key elements: understanding the theoretical principles of accounting and payroll, practice the practical "hands on" skills required to do the job and mastering the communication skills needed to work in an office environment. You will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

This is a 38 week program. **CPA ENDORSED**

## Travel Counsellor Online

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. For reservations and ticketing you will be working with the premier electronic airline reservation system in the world! Complete this diploma program through online distance education.

 **ALGONQUIN CAREERS ACADEMY™**

**1830 Bank St.**

**613-722-7811**

**algonquinacademy.com**



# Let some concerts take your mind off

Need a break from school? There's plenty of music and entertainment to keep you busy this fall.

## CONCERTS

### Wagons

Sept. 7, at Zaphod Beeblebrox, 27 York St. For tickets, go to [ticketweb.ca](http://ticketweb.ca) or call 1-888-222-6608. More info at [zaphodbeeblebrox.com](http://zaphodbeeblebrox.com).

### Keith Urban

Sept. 9, at Scotiabank Place, 1000 Palladium Dr. For tickets, go to [capitaltickets.ca](http://capitaltickets.ca) or call 613-599-0100. More info at [scotiabankplace.com](http://scotiabankplace.com).

### The Band Perry

Sept. 9, at Scotiabank Place, 1000 Palladium Dr. For tickets, go to [capitaltickets.ca](http://capitaltickets.ca) or call 613-599-0100. More info at [scotiabankplace.com](http://scotiabankplace.com).

### Those Gulls

Sept. 12, Cafe Dekcuf, 221 Rideau St. For more, go to [cafedekcuf.com](http://cafedekcuf.com) or call 613-244-5000.

### Celtic Thunder

Sept. 13-14, Centrepointheatre, Ben Franklin Place, 101 Centrepointheatre Dr. For tickets, call 613-580-2700. More info at [centrepointheatre.com](http://centrepointheatre.com).

### Mudhoney

Sept. 14, Scotiabank Place, 1000 Palladium Dr. For tickets, go to [capitaltickets.ca](http://capitaltickets.ca) or call 613-599-0100. More info at [scotiabankplace.com](http://scotiabankplace.com).



VICTORIA WILL/THE ASSOCIATED PRESS FILE



info at [zaphodbeeblebrox.com](http://zaphodbeeblebrox.com).

### The Luyas and The Dodos

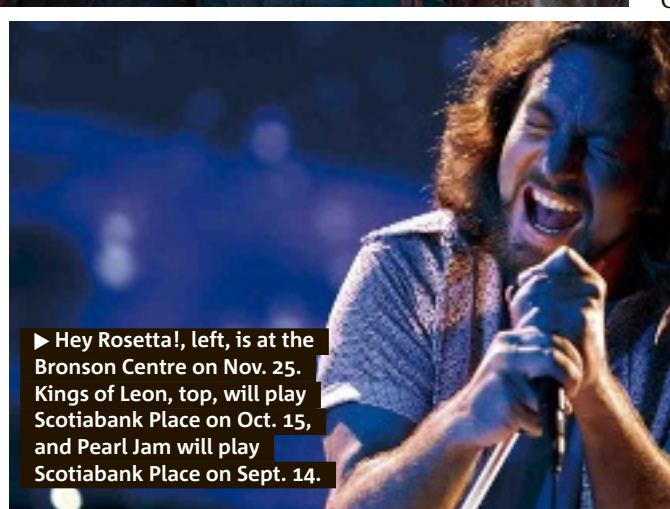
Sept. 17, at Mavericks, 221 Rideau St. For tickets, call 613-562-3941 or go to [mavericksbar.com](http://mavericksbar.com).

### Bombay Bicycle Club and Two Door Cinema Club

Sept. 18, at Capital Music Hall, 128 York St. For tickets, go to [ticketmaster.ca](http://ticketmaster.ca) or call 613-755-1111. More info at [capitalmusic hall.ca](http://capitalmusic hall.ca).

### The Moody Blues

Sept. 22, at Scotiabank



► Hey Rosetta!, left, is at the Bronson Centre on Nov. 25. Kings of Leon, top, will play Scotiabank Place on Oct. 15, and Pearl Jam will play Scotiabank Place on Sept. 14.

Place, 1000 Palladium Dr. For tickets, go to [capitaltickets.ca](http://capitaltickets.ca) or call 613-599-0100. More info at [scotiabankplace.com](http://scotiabankplace.com).

### Roger Daltrey

Sept. 28, at Scotiabank

Place, 1000 Palladium Dr. For tickets, go to [capitaltickets.ca](http://capitaltickets.ca) or call 613-599-0100. More info at [scotiabankplace.com](http://scotiabankplace.com).

### P.S. I Love You and Valleys

Oct. 5, at Mavericks, 221

Rideau St. For tickets, call 613-562-3941 or go to [mavericksbar.com](http://mavericksbar.com).

### D.O.A.

Oct. 14, at Mavericks, 221 Rideau St. For tickets, call 613-562-3941 or go to [mavericksbar.com](http://mavericksbar.com).

### The Sheepdogs

Oct. 15, at Scotiabank Place, 1000 Palladium Dr. For tickets, go to [capitaltickets.ca](http://capitaltickets.ca) or call 613-599-0100. More info at [scotiabankplace.com](http://scotiabankplace.com).

### Kings of Leon

Oct. 15, at Scotiabank Place, 1000 Palladium Dr. For tickets, go to [capitaltickets.ca](http://capitaltickets.ca) or call 613-599-0100. More info at [scotiabankplace.com](http://scotiabankplace.com).

### Jeff Beck

Oct. 16, at National Arts Centre, 53 Elgin St. For tickets, call 1-888-991-2787 or go to [ticketmaster.ca](http://ticketmaster.ca). For more, visit [nac-cna.ca](http://nac-cna.ca).

### Avril Lavigne

Oct. 17, at Scotiabank Place, 1000 Palladium Dr. For tickets, go to [capitaltickets.ca](http://capitaltickets.ca) or call 613-599-0100. More info at [scotiabankplace.com](http://scotiabankplace.com).

### Jeff Dunham

Oct. 23, at Scotiabank Place, 1000 Palladium Dr. For tickets, go to [capitaltickets.ca](http://capitaltickets.ca) or call 613-599-0100. More info at [scotiabankplace.com](http://scotiabankplace.com).

### The Haarp Machine, Decrepit Birth, Fleshgod Apocalypse, and Rings of Saturn

Oct. 25, at Mavericks, 221



**OSSC**  
OTTAWA SPORT & SOCIAL CLUB  
RECESS FOR ADULTS ... JUST PLAY.

## FALL 2011 CO-ED ADULT SPORT LEAGUES

Individual & Team Registration Deadline: September 6th

Lots of fun indoor and outdoor sports available including volleyball, soccer, softball, floor hockey and many more!

OSSC.ca | [info@osscc.ca](mailto:info@osscc.ca) | 613.565.TEAM



# studies for awhile

Rideau St. For tickets, call 613-562-3941 or go to mavericksbar.com.

## Matthew Good

Oct. 28, at National Arts Centre, 53 Elgin St. For tickets, call 1-888-991-2787 or go to ticketmaster.ca. For more, visit nac-cna.ca.

## Hey Rosetta!

Nov. 25, at Bronson Centre, 211 Bronson Ave. For tickets, go to ticketmaster.ca.

## GALLERIES/ MUSEUMS

Caravaggio and His Followers in Rome  
Runs to Sept. 11 at the National Gallery of Canada. For more, go to gallery.ca or call 613-990-1985.

## Children of Hangzhou: Connecting with China

Runs to Sept. 11 at the Canadian Children's Museum. For more information and details, go to civiliza-

tion.ca or call 819-776-7000.

## Hidden Treasures from the Bytown Museum

To Oct. 2 at the Bytown Museum. For more, call 613-234-4570 or visit bytownmuseum.com.

## JAPAN: Tradition. Innovation.

Until Oct. 10 at the Canadian Museum of Civilization. For more, call 819-776-7000 or go to civilization.ca.

## Extreme Mammals

Runs until Nov. 6. At the Canadian Museum of Nature. For more,

call 613-566-4700 or visit nature.ca.

## War and Medicine

Until Nov. 13 at the Canadian War Museum. Go to warmuseum.ca or call 819-776-7000 for more.

## Legion Halls

Until Nov. 20 at the Canadian War Museum. Go to warmuseum.ca or call 819-776-7000 for more.

## Fakes & Forgeries: Yesterday and Today

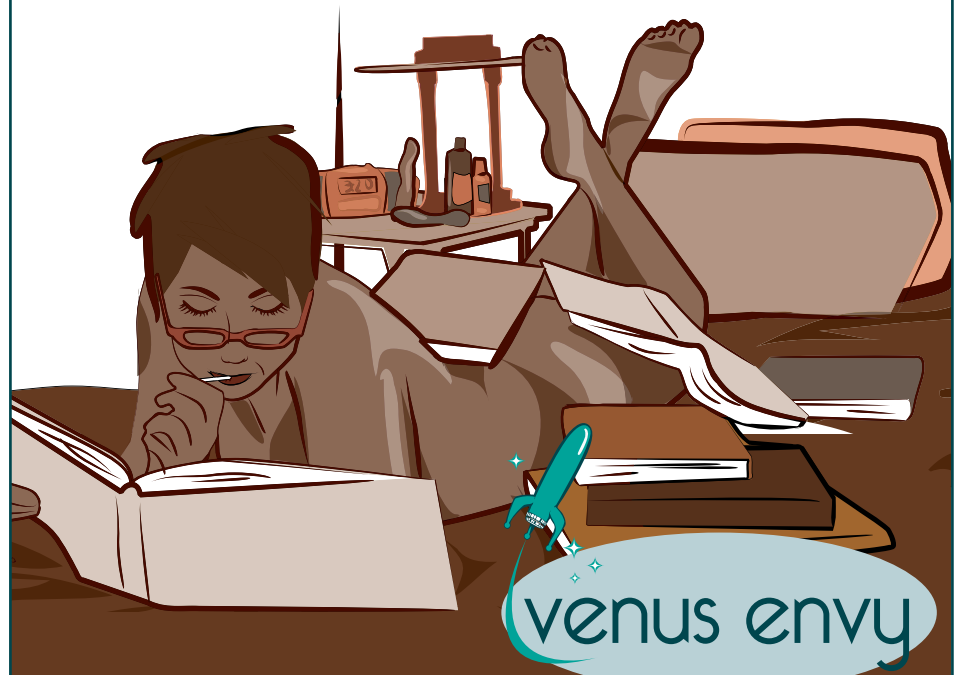
Until Dec. 9. At the Currency Museum of the Bank of Canada. For more, call 613-782-8914 or go to currencymuseum.ca.



► Avril Lavigne

Bring your student card for...

*10% off toys and great discounts on workshops!*



320 Lisgar St, Ottawa. To order: 877-370-9288 or [www.venusenvy.ca](http://www.venusenvy.ca)

Véronic DiCaire  
porte-voix  
de La Cité collégiale

la **cité** collégiale

Le Collège des meilleures pratiques

# TROUVE TA VOIE

AVEC LA CITÉ  
COLLÉGIALE

VIENS VOIR MES CAPSULES SUR  
[www.lacitecollégiale.com](http://www.lacitecollégiale.com)

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

★ ★ ★ ★ ★  
**LE MEILLEUR COLLÈGE  
EN ONTARIO !**

LA CITÉ COLLÉGIALE  
S'EST CLASSÉE AU  
**1<sup>ER</sup>** RANG POUR

- ★ le taux de placement des diplômés
- ★ la satisfaction des étudiants
- ★ la pertinence des programmes d'études
- ★ la qualité des expériences d'apprentissage
- ★ la qualité générale des services



# Big lessons when Living in small spaces

► Think about smart storage that maximizes space, yet looks good ► Be prudent about how much stuff you buy

**W**hen New Yorker Wendy Koch's son

Bob headed off to Ithaca College for his first year, the car

was loaded with great stuff — too much of it. That the nice Pottery Barn rug barely fit in the car should have been the tip-off.

"We were taking our seventh trip up three flights of stairs to the tiny dorm room in stifling temps when his roommate

turned to Bob and said, 'You could

probably make a lot of money selling all this stuff on eBay," Koch recalls. "There just wasn't room in the room."

Making the shopping list for the first college or university living experience is exciting, but pros say to be prudent about how much stuff you buy. Rooms often seem smaller than the floor plans indicate.

That spacious-looking common room? More like a foyer. And as one veteran of the dorm wars notes, you will never again have the closet space you did at home.

So think about smart

storage that maximizes space yet looks good.

Unless you are able to repurpose them as tables, suitcases may not be the best option; they might not fit under the bed or in the closet. Collapsible, storable bags work great. Samsonite's sturdy nylon Tote-a-Ton bag has 105,729 cubic centimetres of space.

Dormco.com has the Clothes & Go system, which lets you take hanging clothes right out of the closet into foldable bags with a shoulder strap — at the dorm, just rehang.

Bed, Bath & Beyond has a ventilated, clear vinyl six-shelf sweater rack that hangs on a rod — easy to see what's in it. Some online shoppers have raved about the retailer's Dorm Space Saver, which assembles with no tools and, being the same width as the bed, serves as an extra headboard or footboard with shelves.

Meg Volk, who graduated this spring from the Fashion Institute of Technology and has traded a tiny dorm room for an equally tiny studio apartment in New York City, recommends "small, lightweight, wheeled dress



► Making the shopping list for the first college or university living experience is exciting, but pros say to be prudent about how much stuff you buy. Rooms often seem smaller than the floor plans indicate.



► Ikea's Kassett boxes, the Ikea Olesby work lamp, top, the Ikea Dokument letter tray, right, and the Dormco.com's Neoprene Bunk Pocket, top right.



## WATCH IT!

WATCHES . ACCESSORIES . SUNGLASSES

Bayshore Shopping Centre  
613.721.2777

Place D'Orleans Shopping Centre  
613.834.1000

St. Laurent Centre  
613.741.4144



www.watchit.ca





JAMES WOODSON/DIGITAL VISION/THINKSTOCK

racks that will fit in your closet" for added hang space. If you do need to come with suitcases, she

suggests, use them for out-of-season storage and last semester's papers.

Dorm gear is often

grouped by classic gender colours and patterns — pinks, purples, baroque and animal prints for fe-

males, and surfer, sports, blues and browns for guys. It's better to choose neutral bedding that you won't tire of, and put the pattern and colour punch in posters and memorabilia collected during the school year.

Ikea's Doku-series of functional mesh metal desk accessories might appeal to girls or guys. Its Kassett boxes are cheap and sturdy storage options for papers; choose from an array of colours including white, black and orange. The Oleby lamp is a good-looking task light. And Ikea's giant plastic shopping bags make great dirty clothes totes, for the laundromat or for the bus ride home to free cleaning.

Dormco's Bunk Pocket is a convenient neoprene catchall for electronics that slips over a bedpost.



Kenyon College junior Trevor Ezell, who recently returned from a semester studying in England and travelling around Europe, says a duffel bag was brilliant for studying abroad.

"They can be expanded to hold lots of stuff, yet collapsed to store away easily," he says. What not to pack for long-distance study? "Anything other than clothes," advises Ezell.

"Students studying abroad run the risk of bringing things that might prevent them from absorb-



► From Home Sense, the cityscape pillow, top, and a crocheted pillow. Left, Bed, Bath & Beyond's clear vinyl 6-shelf sweater rack with ventilated cover. Bottom, Samsonite Tote-a-Ton bag.

ing local culture. If you bring a basketball, you might not throw a rugby ball. Bring one overcoat, not several. And one dress-up outfit." Good advice, even for students not headed to foreign lands.

Both Bed, Bath & Beyond and WalMart offer services that let you shop online and pick up the items in or near the college town. If your child is flying or your car is small, it's a great option.

THE ASSOCIATED PRESS

# A Little Bit of Fancy...

# Everyday!

732 Bank St.  
in the Gleebe

pom·pom

250 Greenbank Rd.  
in Nepean

[pompomboutique.ca](http://pompomboutique.ca)

11 William St.  
in the Market

frou frou

[froufrouboutique.ca](http://froufrouboutique.ca)





ATTENTION: FULL-TIME STUDENTS

**\$12** **TICKETS**  
at the NAC



Full-time students ages 13-29:  
become a Live Rush™ member  
and get \$12 tickets\* to most  
NAC performances!

\*Some restrictions apply.

Become a member  
[liverush.ca](http://liverush.ca)

IT'S  
FREE

Receive text alerts  
on eligible  
upcoming shows!

text **NAC**  
to **22333**†

and win an  
iPOD touch!

†Standard text messaging rates apply.



NATIONAL ARTS CENTRE  
CENTRE NATIONAL DES ARTS



# Jets. Uniforms



► Winnipeg Jets, from left, Nik Antropov, Mark Stuart and captain Andrew Ladd wear the team's new jersey as they walk around a CF-18 at a Canada Forces base in Winnipeg yesterday.

JOHN WOODS/THE CANADIAN PRESS

Winnipeg will be jetting around the ice in navy blue

With planes screaming overhead, the reborn Winnipeg Jets showed off their new uniforms yesterday.

Team captain Andrew Ladd and three other players emerged from the belly of a Royal Canadian Air Force Hercules at CFB Winnipeg in their blue and white home and away uniforms.

The home jersey is navy blue — officially “polar-night blue” — with striping in white and lighter blue. The away jersey is white with the two shades of blue striping. The lighter shade is known as “aviator blue.”

## Argos give Lemon the boot

► Toronto hands the veteran quarterback his walking papers and passes on the job to Jyles

The Toronto Argonauts are now Steven Jyles' team.

Jyles assumed the starting quarterback position with the struggling Argos (2-7) yesterday, hours after the club's surprising announcement it had released incumbent Cleo Lemon. Jyles will come off the nine-game injured list this week and make his Toronto debut Saturday night in Vancouver against the B.C. Lions.

“I'm expecting him to go out and play within himself, and by the end of nine

games we're going to know what we have in Steven Jyles,” said Toronto coach/GM Jim Barker. “For him, this is an opportunity to take control of a team.”

Lemon joined the Argos prior to the 2010 campaign following seven NFL seasons and struggled with the Canadian game, amassing an 11-14 record as the club's starter. His departure came four days after Lemon was benched for the first time, giving way to backup Dalton Bell to start the second half of Toronto's 29-16

# 23

Number of interceptions thrown by Cleo Lemon in his career as an Argos, compared to 22 touchdown passes.

home loss to B.C., a game that saw the home team roll up just 184 total offensive yards.

The move was a huge surprise given Barker continually supported Lemon

throughout his CFL struggles. Barker named Lemon his starter last season despite Bell having played better in camp, and though Toronto posted a 9-9 record to qualify for the playoffs, it was due mostly to its stout defence and spectacular special teams as the offence struggled mightily.

In the off-season, Barker acquired Jyles from Winnipeg and declared another open competition at training camp for the starter's job. But the Lemon-Jyles showdown never material-

ized as Jyles missed most of camp recovering from off-season shoulder surgery before going on the injured list.

Lemon did show flashes of brilliance this year, completing 66.5 per cent of his passing with seven touchdowns against just four interceptions. But it wasn't nearly enough to kick-start an anemic Toronto offence that's ranked last overall in the total yards (312.1 yards per game) and passing yards (277.3).

THE CANADIAN PRESS

## Rain shuts Open down for day

Rain washed out all of yesterday's schedule at the U.S. Open, postponing matches involving defending champion Rafael Nadal and the three American men left in the tournament: Andy Roddick, John Isner and Donald Young.

Second-seeded Vera Zvonareva, the 2010 run-

ner-up, also had been scheduled to play yesterday, the first time play has been delayed by rain at this year's U.S. Open.

Steady showers that began overnight carried into the morning, first delaying what was supposed to be an 11 a.m. start. About 2½ hours later, the U.S. Tennis

Association announced that the day and night sessions were being called off.

A total of 54 matches were postponed at least until today, when more rain is predicted. There also is a chance of rain tomorrow and Friday, which could throw the schedule into disarray. THE ASSOCIATED PRESS

### RECOVERY UPDATE

## Crosby to speak

Pittsburgh Penguins captain Sidney Crosby is expected to provide an update today on the progress of his recovery from a concussion.

Crosby, who hasn't played since suffering a

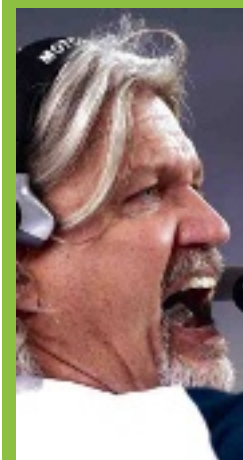
head injury in January, will speak to reporters at CONSOL Energy Center, the NHL team said yesterday.

Crosby has seen concussion specialists around the United States this summer. They have been monitoring his progress as he tries to shake headaches and other concussion symptoms. THE CANADIAN PRESS

# 4

sports

### Quoted



“I’ve been an assistant coach of the year in pro football and in college football, so apparently I’m pretty good. No one else believes it, but they all will after this game.”

DALLAS COWBOYS DEFENSIVE CO-ORDINATOR ROB RYAN, ON HIS TEAM'S SEASON-OPENING GAME AGAINST THE NEW YORK JETS, A TEAM COACHED BY HIS TWIN BROTHER REX.



Scan code for more sports news.



MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	86	53	.619	—
Boston	84	56	.600	2½
Tampa Bay	77	63	.550	9½
Toronto	70	71	.496	17
Baltimore	55	84	.396	31

CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	79	62	.560	—
Cleveland	70	68	.507	7½
Chicago	70	69	.504	8
Kansas City	59	83	.415	20½
Minnesota	58	83	.411	21

WEST DIVISION				
	W	L	Pct	GB
Texas	80	62	.563	—
Los Angeles	77	64	.546	2½
Oakland	64	77	.454	15½
Seattle	58	82	.414	21

Last night's results

Baltimore at N.Y. Yankees

Detroit at Cleveland

Boston at Toronto

Texas at Tampa Bay

Chicago White Sox at Minnesota

Kansas City at Oakland

Seattle at L.A. Angels

Monday's results

N.Y. Yankees 11, Baltimore 10

Detroit 4, Cleveland 2

Toronto 1, Boston 0, 11 innings

Tampa Bay 5, Texas 1

Chicago White Sox 2, Minnesota 1, 1st game

Kansas City 11, Oakland 6

Chicago White Sox 4, Minnesota 0, 2nd game

L.A. Angels 7, Seattle 3

Today's games

Detroit (Verlander 21-5) at Cleveland (Master-son 11-8), 12:05 p.m.

Baltimore (Britton 9-9) at N.Y. Yankees (A.J.Burnett 9-11), 1:05 p.m.

Texas (D.Holland 13-5) at Tampa Bay (Price 12-12), 1:10 p.m.

Kansas City (Chen 10-6) at Oakland (Moscoso 7-8), 3:35 p.m.

Boston (Wakefield 6-6) at Toronto (Morrow 9-10), 7:07 p.m.

Chicago White Sox (Danks 6-10) at Minnesota (Pavano 7-11), 8:10 p.m.

Seattle (Furbush 3-7) at L.A. Angels (J.Williams 2-0), 10:05 p.m.

Tomorrow's games

N.Y. Yankees at Baltimore, 1:05 p.m.

Boston at Toronto, 7:07 p.m.

Cleveland at Chicago White Sox, 8:10 p.m.

Kansas City at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	89	48	.650	—
Atlanta	82	58	.586	8½
New York	68	71	.489	22
Washington	65	74	.468	25
Florida	63	77	.450	27½

CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	85	57	.599	—
St. Louis	74	67	.525	10½
Cincinnati	69	72	.489	15½
Pittsburgh	65	76	.461	19½
Chicago	61	80	.433	23½
Houston	47	94	.333	37½

WEST DIVISION				
	W	L	Pct	GB
Arizona	81	60	.574	—
San Francisco	74	67	.525	7
Los Angeles	68	72	.486	12½
Colorado	66	75	.468	15
San Diego	61	80	.433	20

Last night's results

Atlanta at Philadelphia

Houston at Pittsburgh

L.A. Dodgers at Washington

N.Y. Mets at Florida

Cincinnati at Chicago Cubs

Milwaukee at St. Louis

Arizona at Colorado

San Francisco at San Diego

Monday's results

Washington 7, L.A. Dodgers 2

Pittsburgh 3, Houston 1

Chicago Cubs 4, Cincinnati 3

Arizona 10, Colorado 7

San Francisco 7, San Diego 2

Milwaukee 4, St. Louis 1

Philadelphia 9, Atlanta 0

Florida 9, N.Y. Mets 3

Today's games

N.Y. Mets (Dickey 7-11) at Florida (Hand 1-5), 5:10 p.m.

San Francisco (Cain 11-9) at San Diego (Harrang 12-5), 6:35 p.m.

Atlanta (Beachy 7-2) at Philadelphia (Oswalt 7-8), 7:05 p.m.

Houston (Happ 5-15) at Pittsburgh (Burres 1-0), 7:05 p.m.

L.A. Dodgers (Eveland 1-0) at Washington (Wang 2-3), 7:05 p.m.

Cincinnati (Cueto 9-5) at Chicago Cubs (Dempster 10-11), 8:05 p.m.

Milwaukee (Greinke 14-5) at St. Louis (C.Carpenter 8-9), 8:15 p.m.

Arizona (J.Saunders 9-12) at Colorado (Millwood 2-1), 8:40 p.m.

Tomorrow's games

L.A. Dodgers at Washington, 1:05 p.m.

Atlanta at N.Y. Mets, 4:10 p.m., 1st game

Atlanta at N.Y. Mets, 7:40 p.m., 2nd game

Philadelphia at Milwaukee, 8:10 p.m.

San Diego at Arizona, 9:40 p.m.

MONDAY

BLUE JAYS 1, RED SOX 0 (11 INN.)

Boston	ab	r	h	bi	Toronto	ab	r	h	bi
Ellsury cf	5	0	1	0	McCoy ss	3	0	1	0
Pedroia 2b	5	0	0	0	Teahen ph	0	0	0	0
AdGnzl 1b	4	0	1	0	Arendi c	0	0	0	0
Aviles pr-3b	0	0	0	0	ETHms lf	4	0	0	0
D.Ortiz dh	4	0	1	0	Bautist rf	4	0	0	0
Youklis 3b-1b	4	0	0	0	Lind 1b	4	0	1	0
Crwfrd lf	4	0	0	0	Encnc dh	5	0	1	0
Reddck rf	5	0	2	0	KJhnsn dh	5	0	1	0
Varitek c	4	0	0	0	Lawrie 3b	3	1	1	1
Scutaro ss	4	0	2	0	JMolin c	4	0	1	0
Wdwrd pr-ss	0	0	0	0					
Wise cf	4	0	0	0					
Totals	39	0	7	0	Totals	36	1	6	1

Boston

000 000 000 00—0

Toronto

000 000 000 01—1

Two outs when winning run scored.

E—Papelbon (1). DP—Boston 2, Toronto 1.

LOB—Boston 10, Toronto 10. 2B—Ellsbury (37), Ad.Gonzalez (41), Reddick (15), Scutaro (15). HR—Lawrie (8). SB—McCoy 2 (9), Encarnacion 2 (7), Lawrie (5).

	IP	H	R	ER	BB	SO
Boston						
Beckett	3-2-3	3	0	0	1	6
Aceves	3-2-3	1	0	0	3	4
D.Bard	1-2-3	0	0	0	0	2
Papelbon	1	1	0	0	2	3
Wheeler L,2-2	2-3	1	1	1	0	0
Toronto						
H.Alvarez	6	4	0	0	1	4
C.Villanueva	1	1	0	0	1	0
Janssen	1	1	0	0	1	2
F.Francisco	2	1	0	0	1	2
Camp W,3-3	1	0	0	0	0	1
T—3:51. A—27,573 (49,260).						

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Lawrie	107	17	34	8	21	.318
Bautista	448	96	137	40	92	.306
Escobar	500	75	145	11	48	.290
Johnson	45	8	13	2	4	.289
Molina	151	19	43	3	13	.285
Encarnacion	427	66	118	15	44	.276
Thames	282	44	77	9	30	.273
Lind	445	53	113	24	79	.254
Davis	320	44	76	1	29	.238
Arencibia	380	41	83	20	66	.218
McCoy	120	14	26	1	5	.217
Rasmus	88	11	19	3	12	.216
Teahen	143	12	27	4	13	.189
Wise	21	3	3	0	1	.143
Woodward	4	1	0	0	0	.000
PITCHERS	W	L	SV	IP	SO	ERA
McCoy	0	0	0	1.0	0	0.00
Carreno	0	0	0	8.0	5	1.13
Janssen	4	0	2	46.2	45	2.12
Alvarez	1	2	0	36.2	25	2.95
Romero	13	10	0	193.2	157	2.97
Francisco	1	4	12	43.2	44	3.50
Perez	3	2	0	59.2	51	3.77
Villanueva	6	3	0	0100.0	64	4.14
Litsch	5	3	1	65.2	57	4.39
Camp	3	3	1	59.1	27	4.55
Cecil	4	8	0	0109.2	74	4.60
Morrow	9	10	0	0148.2	172	4.78
Rauch	5	4	11	52.0	36	4.85
Lewis	0	0	0	3.2	2	4.91
Drabek	4	5	0	72.2	48	5.70

Not including last night's game

TENNIS

U.S. OPEN SHOW COURT SCHEDULES

TODAY

At The USTA Billie Jean King National Tennis Center

New York

All Times EDT

Play begins at 11 a.m.

Arthur Ashe Stadium

Gilles Muller, Luxembourg, vs. Rafael Nadal (2), Spain

Novak Djokovic (1), Serbia, vs. Janko Tipsarevic (20), Serbia

Night Session (play begins at 7 p.m.)

Serena Williams (28), United States, vs. Anastasia Pavlyuchenkova (17), Russia

Roger Federer (3), Switzerland, vs. Jo-Wilfried Tsonga (11), France

Louis Armstrong Stadium

David Ferrer (5), Spain, vs. Andy Roddick (21), United States

Sam Stosur (9), Australia, vs. Vera Zvonareva (2), Russia

Not before 3 p.m.: Caroline Wozniacki (1), Denmark, vs. Andrea Petkovic (10), Germany

Grandstand

Donald Young, United States, vs. Andy Murray (4), Britain

John Isner (28), United States, vs. Gilles Simon (12), France

Angelique Kerber, Germany, vs. Flavia Pennetta (26), Italy

GOLF

WEEKEND GLANCE

U.S. GOLF ASSOCIATION/ROYAL AND ANCIENT GOLF CLUB OF ST. ANDREWS

WALKER CUP

Site: Aberdeen, Scotland.

Schedule: Saturday-Sunday.

Television: ESPN2 (Sunday, 3-5 p.m.).

Format: Team match play. Saturday, four morning alternate-shot matches and eight afternoon singles matches; Sunday, four morning alternate-shot matches and 10 afternoon singles matches.

Online: www.usga.org

Royal and Ancient Golf Club of St. Andrews site: www.randa.org

LPGA TOUR

NW ARKANSAS CHAMPIONSHIP

Site: Rogers, Ark.

Schedule: Friday-Sunday.

Online: http://www.lpga.com

EUROPEAN TOUR

KLM OPEN

Site: Hilversum, Netherlands.

Schedule: Thursday-Sunday.

Television: Golf Channel (Thursday-Friday, 9 a.m.-12:30 p.m.; Saturday-Sunday, 7-11 a.m.).

Last year: German star Martin Kaymer finished with a 4-under 66 for a four-stroke victory over Christian Nilsson and Fabrizio Zanotti.

Online: www.europeantour.com

CFL

WEEK 10

EAST DIVISION						
	GP	W	L	T	PF	PA
Winnipeg	9	7	2	0	219	184
Montreal	9	5	4	0	274	238
Hamilton	9	5	4	0	260	227
Toronto	9	2	7	0	200	262

WEST DIVISION						
	GP	W	L	T	PF	PA
Calgary	9	6	3	0	239	238
Edmonton	9	6	3	0	209	197
B.C.	9	3	6	0	232	219
Saskatchewan	9	2	7	0	192	260

Monday's results

Edmonton 35 Calgary 7

Hamilton 44 Montreal 21

Sunday Result

Saskatchewan 27 Winnipeg 7

Friday Result

B.C. 29 Toronto 16

WEEK 11

Friday, Sept. 9

Calgary at Edmonton, 9 p.m.

Saturday, Sept. 10

Toronto at B.C., 4 p.m.

Sunday, Sept. 11

Hamilton at Montreal, 1 p.m.

Saskatchewan at Winnipeg, 4 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	26	11	8	7	31	30	40
Kansas City	27	9	8	10	40	36	37
Houston	27	8	8	11	34	35	35
Philadelphia	25	8	7	10	31	26	34
New York	26	6	14	41	37	32	32
D.C. United	24	7	7	10	34	35	31
Chicago	26	4	7	15	30	33	27
Toronto	28	4	12	12	26	49	24
New England	26	4	11	11	26	39	23

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	27	14	3	10	39	22	52
Seattle	27	13	5	9	42	29	48
Dallas	27	13	7	7	36	29	46
Real Salt Lake	25	12	7	6	35	21	42
Colorado	28	10	7	11	39	36	41
Portland	26	9	12	5	33	41	32
Chivas USA	27	7	10	10	32	30	31
San Jose	26	5	10	11	27	35	26
Vancouver	26	4	11	9	27	42	21

Note: Three points for a win, one for a tie.

Monday's result

Los Angeles 2 Kansas City 2

Tonight's game

New England at Philadelphia, 8 p.m.

EUROPEAN CHAMPIONSHIP QUALIFYING

GROUP A

Austria 0 Turkey 0

Azerbaijan 3 Kazakhstan 2

GROUP B

Macedonia 1 Andorra 0

Russia 0 Ireland 0

Slovakia 0 Armenia 4

GROUP C

Estonia 4 Northern Ireland 1

Italy 1 Slovenia 0

Serbia 3 Faeroe Islands 1

GROUP D

Bosnia-Herzegovina 1 Belarus 0

Luxembourg 2 Albania 1

Romania 0 France 0

GROUP E

Finland 0 Netherlands 2

Moldova 0 Hungary 2

San Marino 0 Sweden 5

GROUP F

Croatia 3 Israel 1

Latvia 1 Greece 1

Malta 1 Georgia 1

GROUP G

England 1 Wales 0

Switzerland 3 Bulgaria 1

GROUP H

Denmark 2 Norway 0

Iceland 1 Cyprus 0

GROUP I

Scotland 1 Lithuania 0

Spain 6 Liechtenstein 0

HOCKEY MAKES US CELEBRATE

Tickets for ALL Sens® games go on sale Friday at 10 a.m.!

ORDER AT CAPITALTICKETS.CA®

613 • 599 • FANS (3267) | 877 • 788 • FANS (3267) | Scotiabank Place™ Box Office

The SENS STORE® locations | Ottawa sports experts® locations

Les Galeries de Hull

HOCKEY MAKES US...

© Trade-mark of Capital Sports & Entertainment Inc. \* Some restrictions may apply. ™ Trademark of the Bank of Nova Scotia. Trademarks used under licence and control of The Bank of Nova Scotia.



## Engine

Keeping the iQ on the go and hopefully out of trouble is a 1.3-litre four-cylinder engine that generates 94 horsepower and 89 pound-feet of torque.

That is minimal, but considering the car's modest 970-kilogram curb weight, it's likely all that's needed for most urban driving scenarios.

## Seating and space

This so-called "micro subcompact" offers a unique seating arrangement, with the driver's chair positioned a few centimetres aft of the front passenger seat.

This arrangement allows for a reasonable legroom assigned to the spot behind the shotgun position, but barely any such space exists behind the driver. Full Monty seat deployment also results in a mere mail slot's worth of storage space, accessible through the rear hatch. But with the rear seat folded, stashing a couple of sets of golf clubs or full-size suitcases would not be out of the question.

## How many airbags?

The iQ isn't particularly wide — nearly equal to the fortwo in this regard — but the offset front-seat layout should provide sufficient space to prevent elbow collisions.

It also features an amazing 11 airbags strategically located about the cabin. The list includes the first-ever rear-window airbag plus driver and front-passenger knee and seat-cushion airbags.



# Talk about a good catch: iQ with charm



**MALCOLM GUNN**  
DRIVE@METRONEWS.CA  
WHEELBASE MEDIA

More than four decades ago, North Americans began a love affair with an inexpensive little two-door runabout that Toyota introduced to North America from its Japanese home-

land. The Corolla badge has so far been affixed to 40 million vehicles.

Certainly Toyota isn't expecting its Scion-branded iQ to be a case of history repeating, but if just a little of that ol' Corolla mojo rubs off on this tiniest of four-seaters, the automaker would definitely have an-

other hit on its hands. The iQ is an interesting piece of architecture. Toyota has managed to take a vehicle that's a scant three metres long (roughly 30 centimetres longer than a Smart fortwo) and create a rolling habitat for four people.

The previous statement, however, requires some

clarification. The person sitting directly behind the driver will either have to be very small, or sufficiently flexible to sit cross-legged for extended periods.

For all practical purposes, the iQ is essentially a three-person proposition, but it still puts the Smart to shame. Young urban sin-

gles and multi-car families are the likely targets, but more car can be had for about the same money from other automakers with as good, or better fuel-efficiency stats.

But don't discount the iQ's certain indescribable charm factor. After all, it worked for the Corolla.

## By comparison

### Smart fortwo

Base price: \$15,000  
Less practical two-seater lacks space and fuel efficiency in this class.

### Mini Cooper

Base price: \$23,650  
Easy on gas plus excellent road manners makes Mini a fun-to-drive pick.

### Fiat 500

Base price: \$17,400  
Cute econo-car newbie offers all-adult seating and Italian pedigree.

WHEELBASE MEDIA

## LOOKING FOR A USED CAR? CHECK OUT THOUSANDS OF LISTED VEHICLES WITH US!

Try out the Canadian Black Book Vehicle Evaluator for trade-in value, average asking price and future value of virtually every car and truck manufactured since 1998! Plus, you can search through thousands of used cars listings to find one that's right for you!

powered by

Canadian Black Book

Visit [www.metronews.ca/drive](http://www.metronews.ca/drive)





# Last-gen Infiniti QX is comfy, thirsty, enormous

## SECOND GEAR



**JUSTIN PRITCHARD**  
DRIVE@METRONEWS.CA

The first generation of the QX56 was available to Canadian shoppers between 2004 and 2010 model years. A shot at machines like the Cadillac Escalade, it was effectively a rebadged and upscaled Nissan Pathfinder Armada with sophisticated looks and a very luxurious cabin.

Look for all the premium goodies, including hard-drive audio storage, radar cruise, puddle lights, navigation with voice command, Bluetooth, automatic everything, leather seating, wood trim and plenty more.

Seating was available for the driver and up to seven passengers.

2004 to 2010 Infiniti QX56



TORSTAR NEWS SERVICE

## Common issues

On a test-drive, note any unwelcomed vibrations through the steering wheel, which may be caused by out-of-balance wheels, poor alignment or worn tires. Ensure all door locks work properly and triple check the trunk release latch and motorized tailgate for proper operation in both directions, if so equipped.

Hard shifting or engine performance issues could be caused by a faulty powertrain control module, not the drivetrain itself.

## Verdict

### Engine

Standard was a 5.6-litre V-8 engine cranking out 315 or 320 horsepower, a five-speed automatic and standard four-wheel drive with low-range.



### What owners like

Comfort, handling, beauty, luxury, and style are highly rated by QX56 owners.

A combination of space, luxury-car amenities and capability are also noted as primary reasons for purchase.



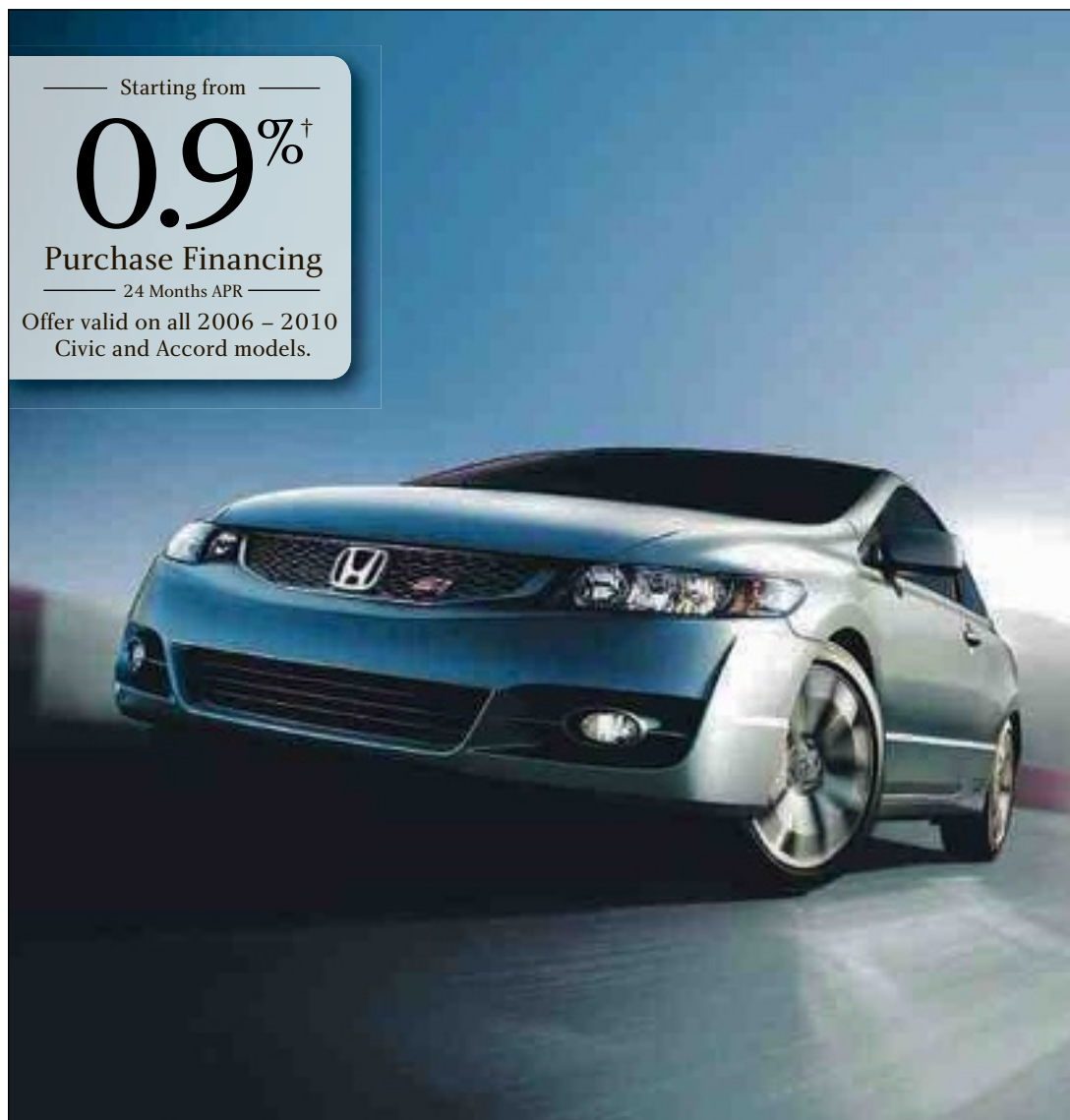
### What owners dislike

As with any SUV, gas mileage is almost unanimously rated poorly by QX owners. Other gripes include "boatish" driving dynamics, poorly-placed cupholders and a few cheaper-than-expected interior pieces.



Smaller and less-thirsty alternatives to the QX56 are available in the used market, should this enormous Infiniti's size and power prove overkill. Those set on a QX56 should opt for a model familiar to a selling Infiniti dealer.

Starting from  
**0.9%**<sup>+</sup>  
Purchase Financing  
24 Months APR  
Offer valid on all 2006 – 2010  
Civic and Accord models.



## Buy a used car, get a used car. Buy a used Honda, get a Honda.

**Honda reliability. Certified.** When Honda certifies a used vehicle, you know it can be depended on. Every Certified Used Honda undergoes a series of thorough dealer inspections to ensure it upholds the reliability of the Honda name. You get the performance, safety and efficiency of a Honda, with the added assurance that comes with a factory warranty.

Find yours at [cuv.honda.ca](http://cuv.honda.ca)

- 6-year / 120,000-km transferable powertrain warranty
- 7-day / 1,000-km exchange privilege
- 100-point inspection
- CarProof Vehicle History Report

**HONDA**  
*Certified*  
Used Vehicles

Limited time Purchase Financing offer on Honda Certified Used Civic and Accord models available through Honda Financial Services, on approved credit. Offer only available up to 24 months on Honda Certified Used Honda Civic and Accord (2006-2010 model years). Finance example based on 2006 Civic model: \$10,000 at 0.9% per annum equals \$420.58 per month for 24 months. Cost of borrowing is \$94.02 for a total obligation of \$10,094.02. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Additional financing offers available on 36, 48, 60 and 72 months. Offer expires December 31, 2011.



[illegible]

# THE COUNTRY'S BEST-SELLING MINIVAN AT THE BEST PRICE OF THE YEAR.➤

**PURCHASE THE 2011 DODGE GRAND CARAVAN  
CANADA VALUE PACKAGE FOR**

**\$19,995\***

**INCLUDES \$8,000 CONSUMER CASH,\* FREIGHT,  
AIR TAX, TIRE LEVY AND OMVIC FEE. TAXES EXCLUDED.  
OTHER RETAILER CHARGES MAY APPLY.\***

**2011 Dodge Grand Caravan Crew shown.<sup>§</sup>**



**36** MPG  
HWY  
7.9L/100 KM HWY

**283**HP  
BEST-IN-CLASS\*

## OR CHOOSE

## THE 2011 DODGE GRAND CARAVAN SXT

CANADA'S BEST SELLING MINIVAN FOR MORE THAN 27 YEARS

# CUSTOMER CHOICE FINANCING

**\$89**  
**BI-WEEKLY**

— @ — **3.99%**<sup>††</sup>  
FOR 36 MONTHS  
AND \$4,899 DOWN

**WITH THE OPTION TO  
RETURN AFTER 36 MONTHS**

**SAVE THE FREIGHT** WHEN YOU PICK UP YOUR NEW ELIGIBLE 2011 DODGE GRAND CARAVAN, YOU PICK UP AN EXTRA \$1,400\*

**RETURNING LEASE CUSTOMERS, GET \$1,500 LOYALTY CASH.\***

+Your local retailer may charge additional fees for administration/pre-delivery that can range from \$0 to \$1,098 and anti-theft/safety products that can range from \$0 to \$1,298. Charges may vary by retailer.

**Dodge.ca/Offers**

DRIVE

CLEARANCE EVENT

**SCAN HERE**  
FOR MORE GREAT OFFERS



**MORE POWER. LESS FUEL. GREAT VALUE.**  
14 VEHICLES WITH 35 MPG HWY OR BETTER



**Jeep**





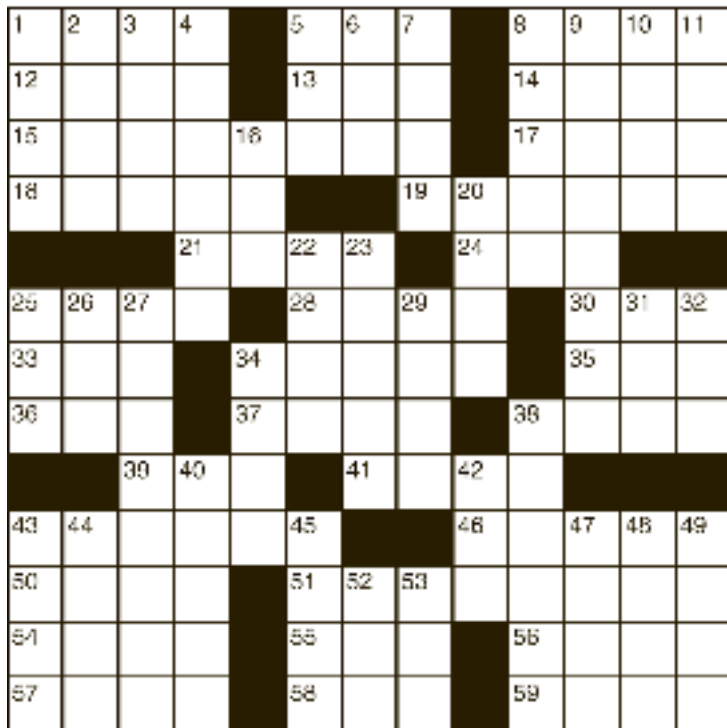
## Crossword

## Across

1 Use the oven  
5 Mandible  
8 Census stats  
12 Former Fed head  
Greenspan  
13 Author Umberto  
14 Crooner Jerry  
15 Hood  
17 "By the power  
vested — ..."  
18 Perspiration  
19 St. George's foe  
21 Mentor  
24 Bigger photo  
(Abbr.)  
25 Ginormous  
28 Never again?  
30 Mischief-maker  
33 "Born in the —"  
34 Musical endings  
35 Water (Fr.)  
36 Stiller or Stein  
37 Supplements, with  
"out"  
38 Kermit, for one  
39 Petrol  
41 Line holder  
43 Summon with a  
shout  
46 "Soon It's — Rain"  
50 Hedgepodge  
51 Ship boarders' pas-  
sages  
54 Middy  
55 Brazilian tourist  
mecca  
56 Duel tool  
57 Chromosome part  
58 Shade source  
59 Tat-tat lead-in

## Down

1 Luggage  
2 "There oughta be



—!"

3 Welles role  
4 Intermesh  
5 Lustrous black  
6 Expert  
7 Information  
8 Bird-related  
9 More like a string  
bean  
10 Ticklish Muppet  
11 Witnessed  
16 R-V connection  
20 "Cheers" actor  
Roger  
22 Castle  
23 Hypnotized

25 Center  
26 Work with  
27 Bundle of nerves?  
29 Instance  
31 Chinese chairman  
32 Boxer  
34 "— la vie"  
38 Rose, e.g.  
40 Unaccompanied  
42 Nest item  
43 Reps. and Sens.  
44 Lotion additive  
45 Shrek, for one  
47 California wine  
valley  
48 Dmitri's denial

49 Whale-watching, maybe  
52 Have a bug  
53 — de plume

## ► Yesterday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's answer ►

7	2	3	6	1	8	4	5	8
5	9	1	4	8	2	7	6	3
4	8	6	5	3	7	2	9	1
1	5	8	3	2	4	9	7	6
3	7	4	9	5	6	8	1	2
2	6	9	1	7	8	5	3	4
8	1	2	7	9	3	6	4	5
9	4	5	8	6	1	3	2	7
6	3	7	2	4	5	1	8	9

## Send a KISS

You can now post your kiss, and read even more kisses, online at [metronews.ca/kiss](http://metronews.ca/kiss).

Thomas,  
I know I never cross your mind anymore. And you don't deserve to Always be on my mind. Yet there you always are. I want it to be the other way around, my life would be happier. I miss you everyday and wish i didn't have to... SM

To NUM  
We met 3 years ago today!  
(sept, 6th, 2008) I love and care for you more than I could ever tell you <3 I hope Africa is life changing for you my love! And don't worry I will be here waiting for you :) SHAZ

My greatest love  
Its been to long and I still think about you all the time. I miss you in my life and you were so perfect. If only I could show you and make you mine again. I'll miss you forever. ME

## Today's horoscope

♈ **Aries** March 21-April 20 The planets indicate that journeys will go well for you today. Get going.

♉ **Taurus** April 21-May 21 You know what needs to be done and you know how to do it. If you wait, you could miss your chance.

♊ **Gemini** May 22-June 21 Be impulsive today. Do something for no better reason than because it makes you feel good.

♋ **Cancer** June 22-July 22 Find ways to further your career interests while enjoying a great social life. Have your cake and eat it, too.

♌ **Leo** July 23-Aug. 23 If you think everyone is out to cheat you then, inevitably, you will attract that sort of person.

♍ **Virgo** Aug. 24- Sept. 22 The trend dominating your life is totally positive. Stop trying to change things that don't need changing.

♎ **Libra** Sept. 23-Oct. 23 A quick decision is not always the best decision, so take your time before making your next move.

♏ **Scorpio** Oct. 24-Nov. 22 Work with people who share your outlook on life. There's plenty.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

♐ **Sagittarius** Nov. 23-Dec. 21 Someone you work with will make you an offer you can't refuse.

♑ **Capricorn** Dec. 22-Jan. 20 No one knows you as well as you know yourself, so listen to your subconscious — then act fast.

♒ **Aquarius** Jan. 21-Feb. 18 Cosmic activity in a sensitive area of your chart makes you acutely responsive to changes in your life.

♓ **Pisces** Feb. 19-March 20. Make sure loved ones take you seriously and make sure you take them seriously. SALLY BROMPTON

## Caption contest



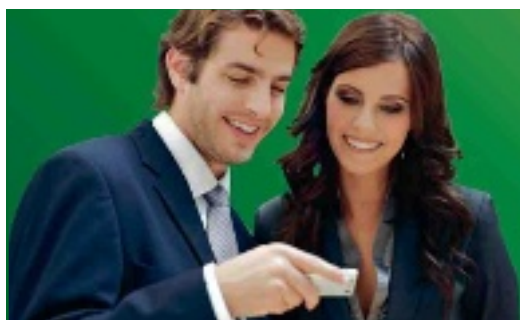
DAVE CHIDLEY/ THE CANADIAN PRESS

HADI MIZBAN/ THE ASSOCIATED PRESS



WIN! You write it!

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.



## True Appiness

Download the METRO APP for your iPad, Android, BlackBerry and iPhone.



Android is a trademark of Google Inc.

metro



**QUALITY, SELECTION, AND VALUE  
FOR EVERY ROOM IN YOUR HOME**



0% Interest Financing Available OAC

**Megha  
Furniture**

**VISIT ONE OF OUR 2 SHOWROOMS  
TODAY FOR BEST SELECTION!**

1000 Belfast Rd. (corner of St. Laurent Blvd.) 613.244.9979

731 Belfast Rd. (New Gallery Location) 613.860.6000

[www.meghafurniture.ca](http://www.meghafurniture.ca)





THE BEST-SELLING PASSENGER CAR BRAND IN CANADA!†

THE **2012** MODELS ARE HERE

**0%** FINANCING FOR UP TO **60** MONTHS

5 REASONS WHY HYUNDAI IS THE BEST-SELLING CAR BRAND IN CANADA.

## 1 SAFETY 2012 SONATA

5-STAR SAFETY RATING\*

OWN IT  
**\$188†**  
BI-WEEKLY  
PAYMENT

WITH  
**0%**  
FINANCING FOR  
60 MONTHS

**HIGHWAY**  
**5.7L/100 KM**  
**50 MPG\***



**SELLING PRICE: \$24,400\***  
**NO DOWN PAYMENT**  
SONATA GL 6-SPEED. DELIVERY, DESTINATION  
& FEES INCLUDED. PLUS HST.



Limited model shown

## 2 PERFORMANCE 2012 GENESIS COUPE

A NEW CALIBRE OF SMART PERFORMANCE

OWN IT  
**\$205†**  
BI-WEEKLY  
PAYMENT

WITH  
**0%**  
FINANCING FOR  
60 MONTHS

**SELLING PRICE: \$26,600\***  
**NO DOWN PAYMENT**  
GENESIS COUPE 2.0T 6-SPEED.  
DELIVERY, DESTINATION & FEES  
INCLUDED. PLUS HST.

**HIGHWAY**  
**6.6L/100 KM**  
**43 MPG\***



2.0T model shown



GLS model shown

## 3 FUEL EFFICIENCY 2012 ACCENT

BEST-IN-CLASS FUEL ECONOMY‡

OWN IT  
**\$122†**  
BI-WEEKLY  
PAYMENT

WITH  
**2.90%**  
FINANCING FOR  
60 MONTHS

**SELLING PRICE: \$14,730\***  
**NO DOWN PAYMENT**  
ACCENT L 4DR 6-SPEED.  
DELIVERY, DESTINATION & FEES  
INCLUDED. PLUS HST.

**HIGHWAY**  
**4.9L/100 KM**  
**58 MPG\***



Limited model shown

## 4 DESIGN 2012 ELANTRA SEDAN

2011 BEST COMPACT CAR – AUTOPACIFIC VEHICLE SATISFACTION AWARDS\*

OWN IT  
**\$144†**  
BI-WEEKLY  
PAYMENT

WITH  
**2.90%**  
FINANCING FOR  
60 MONTHS

**SELLING PRICE: \$17,380\***  
**NO DOWN PAYMENT**  
ELANTRA L 6-SPEED. DELIVERY,  
DESTINATION & FEES  
INCLUDED. PLUS HST.

**HIGHWAY**  
**4.9L/100 KM**  
**58 MPG\***



Limited model shown

## 5 UTILITY 2012 SANTA FE 2.4L GL AUTO

2011 BEST-SELLING IMPORT SUV IN CANADA†

OWN IT  
**\$219†**  
BI-WEEKLY  
PAYMENT

WITH  
**0%**  
FINANCING FOR  
60 MONTHS

**SELLING PRICE: \$28,395\***  
**NO DOWN PAYMENT**  
SANTA FE 2.4L GL AUTO. DE-  
LIVERY, DESTINATION & FEES  
INCLUDED. PLUS HST.

**HIGHWAY**  
**7.2L/100 KM**  
**39 MPG\***



5-year/100,000 km Comprehensive Limited Warranty  
5-year/100,000 km Powertrain Warranty  
5-year/100,000 km Emission Warranty

HyundaiCanada.com



**HYUNDAI™**

Visit your local Ottawa area Hyundai Dealer

**Hyundai Pembroke**  
1945 Petawawa Blvd.  
Pembroke, 613-735-5636

**Myers Kanata Hyundai**  
400-2500 Palladium Dr.  
Kanata, On 613-592-8883

**Myers Hyundai**  
164 Robertson Rd.  
Ottawa, 613-721-4567

**Hyundai on Hunt Club**  
390 Hunt Club Road West  
Ottawa, 613-688-3600

**Bank Street Hyundai**  
2788 Bank St.  
Ottawa, 613-739-7530

**Pathway Hyundai**  
1375 Youville Dr.  
Orleans, 613-837-4222

**Harmony Hyundai**  
293 Pigeon St.  
Rockland, 613-446-2220



†The Hyundai names, logos, product names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2012 Sonata GL 6-Speed/2012 Accent L 4DR 6-Speed/2012 Genesis Coupe 2.0T 6-Speed/2012 Santa Fe 2.4L GL Auto with an annual finance rate of 0%/0%/2.90%/2.90%/0% for 60/60/60/60 months. Bi-weekly payment is \$188/\$205/\$122/\$112/\$137/\$260. Finance offers include Delivery and Destination of \$1,595/\$1,595/\$1,495/\$1,495/\$1,780. fees, levies, charges and all applicable taxes (excluding HST). Registration, insurance, PPSA and license fees are excluded. †Prices for models shown: 2012 Sonata Limited/2012 Genesis Coupe 2.0T 6-Speed/2012 Accent GLS 4DR/2012 Elantra Limited/2012 Santa Fe Limited is \$31,600/\$26,600/\$19,630/\$24,330/\$37,695. Delivery and Destination charges of \$1,595/\$1,595/\$1,495/\$1,495/\$1,780. fees, levies, charges and all applicable taxes (excluding HST) are included. Registration, insurance, PPSA and license fees are excluded. †Fuel economy comparison based on combined fuel consumption rating for the 2012 Accent 4DR 6-Speed Manual is 9.4L/100KM, manufacturer's testing and 2011 AAAC combined fuel consumption ratings for the sub-compact vehicle class. †Autopacific Vehicle Satisfaction Award for Best Compact Car awarded to the 2011 Elantra Sedan. †Fuel consumption for 2012 Sonata GL 6-Speed (Hwy 5.7L/100KM, City 8.7L/100KM/2012 Genesis Coupe 2.0T 6-Speed (Hwy 6.6L/100KM, City 10.0L/100KM/2012 Accent L 4DR 6-Speed Automatic (Hwy 4.9L/100KM, City 6.8L/100KM/2012 Santa Fe 2.4L 6-Speed Automatic (Hwy 7.2L/100KM, City 10.4L/100KM). †Hwy 7.2L/100KM are based on Manufacturer's testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. †Offer available for a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited. Dealer order may be required. Based on the July 2011 AAAC report. †Government 5-Star Safety ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). †See your dealer for eligible vehicles and full details of the Graduate Rebate Program. †Hyundai's Comprehensive Limited Warranty covers most vehicle components against defects in workmanship under normal use and maintenance conditions.